

OASIS news

Older
Adult
Social &
Information
Services

The official guide to the programs and services offered at the OASIS Senior Center

NOVEMBER 2014

VOL. 38 NO. 11

**Membership Monthly
Get Together
Friday, November 7**

**Thanksgiving Luncheon
Wednesday, November 26**
See page 5 for details



A Publication of the City of Newport Beach and the Friends of OASIS
(949) 644-3244 www.newportbeachca.gov/oasis

Membership Monthly Get Together Friday, November 7, 10:00 am

Meeting, entertainment and lunch
Next month's meeting date: December 5.



Featuring:

Nancy Osborne, singer extraordinaire, TV and film star, past lead vocalist for the Nelson Riddle, Ray Anthony, and Tex Beneke bands, returns to the up tempo American Songbook tunes she does so well. All the songs are styled in her down-home personal manner, with an individual finesse that extracts the pure essence of each selection. Please join us for fun, and one of our best - swinging with Nancy!

This is the regular monthly meeting of the Friends of OASIS. It provides opportunities for attendees to socialize and to receive important updates from the Friends' Officers, the Board Committees, and the Center Director and her staff while enjoying entertainment and a special lunch.

Lunch Tickets: \$8 members/ \$10 non-members (Suggested donation)
Advance purchase is recommended.

Location: OASIS Evelyn Hart Event Center
Program Director: Anthony Allen, 1st Vice President

Menu: Bratwurst on bun with sauerkraut, potato salad, pickle and apple strudel for dessert.
Milk is available on request.

OASIS Senior Center

801 Narcissus Ave., Corona del Mar, CA 92625-1501
www.newportbeachca.gov/oasis

Administration Office

(949) 644-3244
Monday-Friday 8:00am-5:00pm
Saturday/Sunday Closed

Fitness Center

(949) 718-1818
M-Th 7:00am-8:00pm, Friday 7:00am-5:00pm
Saturday/Sunday 8:00am-4:00pm

Center is closed on all City-observed holidays.

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Welcome to OASIS

Celeste Jardine-Haug

OASIS Senior Center Manager

By the time you read this message, I am hoping that the weather has turned to fall. We certainly had a very hot summer, so I am hoping that we will be getting the rain that they promised us.

The Friends had a very successful Rummage Sale last month and as always, the amount of hard work that the volunteers put into this endeavor was incredible. I even picked up a couple of treasures for myself. Congratulations to Scott Paulsen and Marilyn Gordon for their great leadership in putting this whole event together.

I hope you have noticed that we have been making a big effort to add new and different Health and Wellness programs. This past month we had a fantastic series on Woman's Health that was put on with Hoag Medical Group Physicians. I hope you were able to attend. We also have had a lot of fun with the Group Drumming which will hopefully help us to reduce stress and improve creativity. Since the main focus of the OASIS Center is to keep people happy and healthy through our activities and service, staff is constantly thinking of new activities that will reach a broad range of people.

Now that we are in our holiday season, I hope that you will join us for our Thanksgiving Luncheon on November 26. We also have so many interesting events and special lectures this month. Please remember to carefully check out the "Happenings" pages to keep abreast of everything, so you don't miss out on something that would be of help to you.

See you soon,

Celeste



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Kathy Stewart

Friends of OASIS President

As I write to you, we are getting ready to leave on another wonderful trip – this time to England, Scotland (the husbands want to try to play St Andrew's, while they still can!) and Ireland, to join some friends for a sailing adventure! Sure to be fun!

Now that summer is behind us and the weather should be cooling down, I am looking forward to a busy fall and holiday season!

Mark your calendar for Nov 7 – It's our monthly General Gathering and it's sure to be a good one! If you haven't attended recently, I would like to encourage you to join us. The meetings are very informative, interesting & entertaining! (I try to enhance the "party atmosphere" with appetizers & festive beverages.)

Our 1st Gift Shop Holiday Boutique will also be on Nov 7 from 9 – 4. This will be a fantastic opportunity to shop for yourself, family & friends. Come early for the best selections!

At the end of the month we'll have our OASIS Thanksgiving luncheon – always a special time to share the holiday spirit with each other – I hope to see you there!

And speaking of grateful... A HUGE hug and Thank You to everyone who helped make our annual Rummage Boutique another fabulous success!!! It's always a huge project, but enjoyed by so many!!

I look forward to seeing you on the 7th and I wish you all a very Happy Thanksgiving!

Kathy



ADMIT ONE

Afternoon Movie

"Honor Flight" - A Real Life Documentary

Wednesday, November 19

Movie starts at 1:00pm

Evelyn Hart Event Center

Synopsis: A poet, a plumber and a postmaster are just three of the heroes whose stories emerge in this film about a town's efforts to honor its WWII vets. In a race against time, volunteers work to deliver the aging ex-soldiers to their country's memorials.

Starring: Bert Brach, Earl Bruss, Joe Dean

Running time: 82 Minutes.



ADMIT ONE

SMART PHONES, TABLETS AND APPS, OH MY!

We are considering expanding our computer class offerings and would like your input. If you are interested in taking a course on any of the following, please call the OASIS front desk (949) 644-3244.

Leave your name and the type of device you are interested in learning more about:

Ipad or other Tablets

Smartphone (iPhone or Android) use

Social media applications (i.e. Pinterest, Instagram, Twitter, etc)

THOUGHT OF THE MONTH

"Youth is the time for the adventures of the body, but age
for the triumphs of the mind."

-Logan Pearsall Smith

BRAIN TEASER

There are three lights in your bedroom, but the switches for the lights are in a room down the hall. You need to figure out which switch controls which light, but you can only go back to your bedroom once. How do you figure it out?

Answer will be revealed in the December Newsletter on page 5.

THURSDAY NIGHT BUNCO

Thursday, November 13

5:00-7:15pm

Lessons at 4:30pm

Dinner served at 5:00pm

Game begins at 5:30pm

OASIS Room 2

Cost: \$10



Space is limited. Registration in person with payment is required. The program will be cancelled if the minimum number of participants (16) is not met.

Come join us at the OASIS to play Bunco, a fun game of dice. New players are welcome! Even if you've never played before, you will pick it up quickly. Dinner will be provided. Menu information available upon registration. Prizes will be raffled off at the end of the game.

THANKSGIVING LUNCHEON

Wednesday, November 26

12:00pm to 2:00pm

Evelyn Hart Event Center

Gather at the OASIS to give thanks for another wonderful year. Enjoy live entertainment and a delicious meal among friends. \$5 tickets* will be on sale in the Admin Office until the event is sold out, so get them early.

Lunch will be served from 12 to 12:30pm

*Suggested donation

COPING WITH STRESS

HOAG HOSPITAL MEDICAL LECTURE

Presented by Chad Abbott, M.D.

Wednesday, December 3

1:00-2:00pm

Room 1



Registration is REQUIRED for this free lecture. Please RSVP to (800) 514-4624

Stress affects many of us daily, but why? This informative presentation will cover the origins of stress, how it can negatively impact your body, the various types of stress and stress management techniques, including pet therapy, to help you alleviate your stress.

OASIS HOLIDAY BOUTIQUE

Friday, November 7

9:00am-4:00pm

OASIS Family Room

New, Fabulous & Exciting Items

- Jewelry
- Purses
- Clothing
- Accessories & More

Friends of OASIS Gift Shop
801 Narcissus Avenue
(949) 718-1800

THE IMPORTANCE OF GOOD SLEEP HABITS

Hoag Hospital Medical Lecture

Presented by: Asha Springstubb, M.D.

Wednesday, November 5

1:00-2:00pm

Event Center

*Registration is required for this free lecture.
Please RSVP to (800)514-4624.*

Sleep Hygiene is a term used to describe good sleep habits. Considerable research has gone into developing guidelines designed to enhance good sleep and these strategies can provide long-term solutions to sleep difficulties. Join this presentation about good sleep techniques and how they are an important part of your health.

GROUP DRUMMING!

Come And Discover Your Own Personal Rhythm

Facilitator: Lee Kix

Wednesday, Nov. 12

1:00pm-2:00pm

Event Center



Doors open at 12:45.

Event is open to the first 25 people.

As seen in CNN Headline News, Prevention Magazine and the Wall Street Journal...

Group Drumming is a research-based life enhancement tool. It is a music-making protocol that has been shown to boost the immune system, improve mood states, reduce stress and improve creativity and bonding. Studies show that Group Drumming significantly increases the disease-fighting activity of white blood cells that seek out and destroy cancer cells and virally infected cells.

MEDICARE PART D DRUG COVERAGE ASSISTANCE 2014

Provided by HICAP

Friday, November 14
OASIS Computer Lab



By Appointment Only

Please call (949) 644-3244 to schedule an appointment

Using an online computer program, a HICAP counselor will review your current Part D Drug coverage and compare it to other companies. You must bring your Medicare Card and a list of the drugs you are currently taking. Please bring the drug bottles if possible.

Presented by Health Insurance Counseling and Advocacy Program (HICAP), a state and federally mandated Medicare resource.

HICAP does not sell, recommend or endorse any insurance products.

LIVING HEALTHY WITH A CHRONIC CONDITION WORKSHOPS

Presented by: Jena Chomchavalit and Carolina Richau,
Council on Aging

Mondays, November 3 - December 8

2:00pm – 4:00pm

Room 4

Registration is required for this free class. Please call (714)352-8820 or email Jena at jchomchavalit@coaoc.org to RSVP.

This free, 6-week class meets for 2 hours a week and is sponsored by the Council on Aging. The workshop will focus on self-managing health, taking small steps toward positive changes, building confidence, healthy eating, ways to control pain and setting goals. Those who have ongoing health conditions (arthritis, heart disease, diabetes, high blood pressure, etc.) would benefit from these workshops. The program is led by peer facilitators who are especially trained to present the Stanford University workshop information.

HOW TO HAVE THE C-A-R-E CONVERSATION

(About Family Caregiving)

Presented by: Sheri Snelling, Caregiving Club

Wednesday, November 12

6:00– 7:00pm

Room 1

Registration is required for this free lecture. Please call (949) 644-3244 to RSVP.

One of the most difficult tasks for adult children and older parents is how to start the conversation about future care and end-of-life wishes. But without the conversation there can be conflict and chaos for your family. Where and how do families begin this talk? How do you start the conversation about driving in retirement? Senior living options? Legal and financial planning? As families plan to gather for the Thanksgiving holiday, national caregiving expert and author, Sherri Snelling, tells us how and why families need to have the C-A-R-E Conversation.

IT HAD TO BE YOU...

Pathways to Well-Being; Healthy Attitudes, Minds and Bodies.

Presented by: Shanti Orange County

Thursday, November 13

1:00pm – 2:30pm

Room 3

Registration is required for this free lecture. Please call (949) 644-3244 to RSVP.

Do you ever wonder about dating, intimacy and life choices in this day and age? Come and join in a fascinating dialogue with your peers.

THE AGELESS HUMAN

Presented by Gordon Duffy

Friday, November 21

1:00– 2:00pm

Event Center A

Registration is required for this free lecture. Please call (949) 644-3244 to RSVP.

Join Gordon Duffy as he discusses the key principles in living longer at a higher functional level in life. Gordon is founder and CEO of the Duffy Fitness Institute which is dedicated to helping clients achieve optimal health through the utilization of science based fitness protocols that enhance overall health and longevity. He is the national anti-aging expert in Canada and has launched a functional longevity program internationally with the prestigious Vistage International Group. Gordon is a Certified Strength and Conditioning Specialist and has a Master of Fitness Sciences degree from the International Sports Science Association (ISSA).

HANDLING THE HOLIDAYS

Seven Proven Principles For Growing Through Grief During The Holidays

Presented by: Becky Lomaka, MA, O'Connor Mortuary

Thursday, December 4

1:00pm

Room 1

Registration is required for this free lecture. Please call (949) 644-3244 to RSVP.

Handling the Holidays - Presents seven proven principles for growing through grief during the holidays, rather than just surviving the holidays. Few periods in the first year or two of bereavement are as difficult as the holidays starting with Thanksgiving and culminating with New Years. This workshop will help individuals gain hope and direction for this period.

NOVEMBER TAX ALERT

Believe it or not, the 2014 Tax Year is about to come to an end! Come January of 2015, taxpayers will start to receive by mail various documents recapping 2014 taxable events. It is important to set aside such documents since they will form a basis of 2014 Federal and State Income Tax preparation.

A list of documents may include:

- SSA 1099s (Social Security)
- 1099 INT (Interest)
- 1099Rs (Retirement and/or Pension)
- 1099B (Stock/Bond Sales)
- 1099 Misc (Business/Self Employment)

Additionally, taxpayers with brokerage accounts can expect to receive a "Combined Statements" (1099 Div, 1099 Int and 1099B) toward the latter half of February. For those availing themselves of the tax-aid preparation service at OASIS, brokerage customers should plan on scheduling appointments no earlier than late February.

HOSPICE CARE PRESENTATION BY SILVERADO

Wednesday, November 19
10:00am – 11:00am
Room 1

*Registration is required for this free lecture.
Please call (949) 644-3244 to RSVP.*

The team from Silverado Hospice Orange will present and discuss the following topics: What is hospice? Does hospice mean giving up hope? What does comfort care and symptom management mean? Can I keep my doctor? Who does the hospice team consist of? Who pays for hospice? Come and find out the answers to these and other important questions.

HOLIDAY OUTREACH PROGRAM

Its that time of year again, and we like to think of ways that we can enhance the lives of others during the holidays. OASIS has developed traditions over the years and we ask that our members do what they can to help spread the spirit of the holidays to those less fortunate.

Donations to the following holiday programs will be accepted until Monday, December 15. Please contact Susie in the Administration Office if you need more information.

Canned Food Drive

Canned and nonperishable food items will be collected for SOS (Share Our Selves). Collection boxes will be available for your donations in the OASIS Lobby.

Handmade Lap-size Afghans

We collect handmade afghans to distribute in the local nursing homes during the holidays. If you have a new afghan to donate or know of someone who would enjoy receiving one, please let us know.

Handmade Hats for the Homeless

It's cold on the streets at night, so we collect handmade hats and donate them to SPIN (Serving People In Need). SPIN distributes them to homeless people living on the street.

Homebound Seniors Outreach

We like to remember our homebound seniors during the holidays. If you know OASIS members who can no longer participate at OASIS, we would like to send them some holiday cheer. Also, if you would like to donate to the homebound holiday outreach program, please contact Susie.

REGISTRATION INFORMATION

You may register for these classes in four easy ways; see page 42 for details. Minimum number of participants required or class may be cancelled. Class fee will NOT be pro-rated and a \$5 or \$10 non-resident fee will apply.

Registration for all classes listed in **BOLD** will open for registration on Thursday, November 13 at 8am. Registration for all other classes listed is currently underway. Early registration is strongly recommended.

Fitness**GENERAL FITNESS****PHYSICAL TRAINING**

Instructor: Judy Aprile jjjaprile@yahoo.com

This light aerobics class targets cardiovascular conditioning, strength and flexibility. Activities are performed standing, moving and lying on the floor.

- Please bring exercise mat and hand towel.

LOCATION: OASIS EVENT CENTER

Class #	Dates	Day	Time	Fee
670943	11/3-11/26	MWF	8-9am	\$29/8 mtgs
670944	12/1-12/12	MWF	8-9am	\$20/5 mtgs
670945	12/15-12/22	MWF	8-9am	Free/4 mtgs
SS1500	1/12-1/30	MWF	8-9am	\$29/8 mtgs
SS1501	2/2-2/27	MWF	8-9am	\$32/9 mtgs
SS1502	3/2-3/27	MWF	8-9am	\$38/11 mtgs

No Class 11/7, 11/12, 11/14, 12/5, 1/19, 2/6, 2/16, 2/25, 3/6

THE STRONG AND HEALTHY SHOULDER

Instructor: Kathryn Rollins plumblines@hotmail.com 949-422-9834

Injury, pain and immobility do not have to be a part of the aging process. Learn how your shoulders work, why they are vulnerable and what stretches and exercises can keep them balanced, healthy and strong. Taught by a nurse who specializes in Injury Management and Injury Prevention

- Material fees payable to instructor: \$8 for exercise cards; \$5 for a resistance bands.

LOCATION: OASIS ROOM 5

Class #	Dates	Day	Time	Fee
SS1510	2/4 & 2/11	W	4-5pm	\$30/2 mtgs

TEN GREAT STRETCHES FOR 2015

Instructor: Kathryn Rollins plumblines@hotmail.com 949-422-9834

Stretching increases circulation, flexibility, range of motion and reduces stress. Come and learn ten great stretches you can do each day to help your body and mind. These can be done on the floor or in a chair. Taught by a nurse who specializes in injury prevention and injury management.

- Please bring a towel or resistance band.

LOCATION: OASIS ROOM 5

Class #	Dates	Day	Time	Fee
SS1511	1/21	W	4-5pm	\$20/1 mtgs

NEW! THE FELDENKRAIS METHOD® CLASSES

Instructor: Darcia Dexter darciadexter@me.com 949-910-4337

The Feldenkrais Method® is a powerful mind/body approach that uses movement to increase awareness which improves physical and mental function. These classes are especially useful for those who want to overcome limitations brought on by stress, accident and/or illness. Developed by engineer/scientist Dr. Moshe Feldenkrais after his own debilitating injury, he created thousands of lessons beginning with a small, slow sequence of movements and was able to regain the ability to walk again. The purpose of this method is to help you understand new ways of moving more comfortably, easily and even elegantly which translates into returning to and/or discovering new activities that help you lead a full, healthy and well-balanced life. Participants will be getting up and down from the floor.

- Please wear loose, layered clothing.
- Bring a mat, your curiosity and be ready to play!

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
670543	10/20-11/10	M	2-3pm	\$38/4 mtgs
770543	11/1-11/22	Sa	9-10am	\$38/4 mtgs
SS1515	2/23-3/16	M	2-3pm	\$38/4 mtgs

THE STRESS FREE HOLIDAY BODY

Instructor: Kathryn Rollins plumblines@hotmail.com 949-422-9834

Come to this one hour class and learn some quick stretches and tricks to keep your body and mind happy and stress free through the holidays. Taught from a positive viewpoint by a nurse who specializes in injury prevention and injury management.

LOCATION: OASIS ROOM 5

Class #	Dates	Day	Time	Fee
672641	11/5	W	4-5pm	\$20/1 mtgs



Classes & Activities

MELT METHOD

Instructor: Yvette Casal meltwithyvette@gmail.com 714-520-1427
Erase pain and tension in your hands, feet, neck, and low back brought on by everyday stress, overuse, and age. This simple self-treatment technique can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome. In this 60 minute class Yvette will teach you the four Rs of MELT: reconnect, re-balance, re-hydrate, and release so you can develop a home practice and your own 10 minute MELT map to alleviate chronic pain brought about by aging and active living.

- Please bring a mat and water to drink.
- New to MELT? Please email Yvette once you register, meltwithyvette@gmail.com.

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
670742	10/28-12/9	Tu	3-4pm	\$70/6 mtgs
SS1519	1/6-2/10	Tu	3-4pm	\$75/6 mtgs
SS1520	2/24-3/31	Tu	3-4pm	\$75/6 mtgs

DROP IN (No refunds)

670743	See above for class dates, days and times	\$20/1 mtg
No class 11/11		

STRENGTHENING YOUR BACK & NECK

Instructor: Kathryn Rollin plumblines@hotmail.com 949-422-9834
Back and neck issues are common but not necessary. In this two class series you'll learn anatomy of the back and neck, why pain occurs and exercises and stretches to help. Taught by Kathryn Rollins, a nurse who specializes in injury prevention and injury management.

LOCATION: OASIS ROOM 5

Class #	Dates	Day	Time	Fee
SS1512	3/11 & 3/18	W	4-5pm	\$30/2 mtgs

TAI CHI

Instructor: Diana Wong dianawong2001@yahoo.com

Being one of the most effective, widely practiced body and mind exercises in the world, the continuous circular, gentle movements of Tai Chi create a powerful flow of energy that will enhance physical health and cultivate tranquility and harmony in your mind. This class provides step by step instruction for Tai Chi Qigong 18 movements. For clarification on style, please email the instructor.

- Beginners are welcome.
- Please wear comfortable clothing and low flat-soled shoes (no denim or flip flops).

LOCATION: OASIS EVENT CENTER

Class #	Dates	Day	Time	Fee
671541	9/11-12/4	Th	9:30-10:30am	\$69/11 mtgs
SS1534	1/8-3/12	Th	9:30-10:30am	\$65/10 mtgs

No class 11/27

ZUMBA GOLD® DANCE FITNESS

Instructor: CS Dance Factory Info@CSDanceFactory.com 949-230-5934

ZUMBA GOLD® DANCE FITNESS

The dance party workout for the young at heart. Zumba Gold®: Groovin' at your own pace; beginner and intermediate modifications shown. Easy-to-follow, low-impact dance steps to zesty Latin and international music. Meet new friends while moving and having fun! Improve balance, strength and mobility. Our motivating instructors will uplift and energize you. Now is a good time to feel great!

- See bottom of this column for the dates when class will not be held.
- Check out the Unlimited Discount: 6 classes/week for the price of 2! Includes Gold-Toning. Ultimate flexibility!

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
672045	10/27-12/15	M	9-10am	\$65/7 mtgs
772043	10/28-12/16	Tu	5-6pm	\$65/7 mtgs
672046	10/29-12/17	W	9-10am	\$65/7 mtgs
672047	10/30-12/18	Th	9-10am	\$65/7 mtgs
772044	10/30-12/18	Th	5-6pm	\$65/7 mtgs
SS1551	1/5-3/30	M	9-10am	\$95/11 mtgs
SS0150	1/6-3/31	Tu	5-6pm	\$99/12 mtgs
SS1553	1/7-4/1	W	9-10am	\$99/12 mtgs
SS1554	1/8-4/2	Th	9-10am	\$99/12 mtgs
SS1555	1/8-4/2	Th	5-6pm	\$99/12 mtgs

Unlimited pricing listed at the bottom of this column

ZUMBA® GOLD-TONING (see below for fees)

This class offers the best of both worlds: the exhilarating experience of a Zumba® Fitness-Party with the benefits of effective strength training. Through dynamic lightweight resistance training and exciting international rhythms, Zumba® Gold-Toning classes help participants build muscle strength, increase bone density and improve mobility, posture and coordination. Toning sticks optional.

Class #	Dates	Day	Time	Fee
672142	11/7-12/19	F	9-10am	\$55/6 mtgs
SS1558	1/9-4/3	F	9-10am	\$99/12 mtgs

UNLIMITED ZUMBA GOLD® OPTIONS (See above for class days and times)

Unlimited includes all Zumba Gold® & Gold-Toning classes, make-ups built in

672241	9/8-12/19	\$230 (Entire fall season)
672243	10/27-12/19	\$130 (2nd half fall season)
SS1560	1/5-4/3	\$199 (Entire winter season)
SS1561	1/5-2/13	\$110 (1st half winter season)
SS1562	2/23-4/3	\$110 (2nd half winter season)

MODIFIED UNLIMITED ZUMBA GOLD® OPTIONS

Tues, Thurs, and Friday classes only, make-ups built in. See above for days and times.

672244	9/9-12/19	\$225 (Entire fall season)
672246	10/28-12/19	\$125 (2nd half fall season)
SS1564	1/6-4/3	\$195 (Entire winter season)

DROP IN (No refunds)

672247	See above for class dates, days and times	\$15/1 mtg
No class 11/3, 11/11, 11/26-28, 1/19, 2/16-20		

**Registration for all classes listed
in BOLD will open
Thursday, Nov. 13 at 8am.**

STRENGTH TRAINING

Instructor: Keith Glassman

keith.glassman@gmail.com

Using bands and light hand weights, this class helps maintain or improve bone density as it tones, strengthens and stretches muscles throughout the body.

- Bring a mat.

LOCATION: OASIS EVENT CENTER

Class #	Dates	Day	Time	Fee
671247	11/4-12/4	Tu/Th	8-9am	\$65/8 mtgs
671248	11/4-11/18	Tu/Th	8-9am	\$35/4 mtgs
671249	11/20-12/4	Tu/Th	8-9am	\$35/4 mtgs
671250	12/9-12/18	Tu/Th	8-9am	\$35/4 mtgs
SS1522	1/6-1/29	Tu/Th	8-9am	\$65/8 mtgs
SS1523	1/6-1/15	Tu/Th	8-9am	\$35/4 mtgs
SS1524	1/20-1/29	Tu/Th	8-9am	\$35/4 mtgs
SS1525	2/3-2/26	Tu/Th	8-9am	\$65/8 mtgs
SS1526	2/3-2/12	Tu/Th	8-9am	\$35/4 mtgs
SS1527	2/17-2/26	Tu/Th	8-9am	\$35/4 mtgs
SS1528	3/3-3/12	Tu/Th	8-9am	\$35/4 mtgs
SS1529	3/3-3/26	Tu/Th	8-9am	\$65/8 mtgs
SS1530	3/3-4/2	Tu/Th	8-9am	\$80/10 mtgs
SS1531	3/17-4/2	Tu/Th	8-9am	\$50/6 mtgs

No class 11/11, 11/27

PICKLEBALL

Facilitator: Newport Coast Staff

949-270-8100

Pickleball is a racquet sport which combines elements of tennis, badminton and table tennis. Pickleball is easier than tennis and doesn't require much running, but is a great fitness workout because of the constant movement. Even with little experience, anyone can enjoy this quick, fast paced, competitive sport. There are three indoor courts for doubles play. A partner is not required. Paddles & indoor balls available. All skill levels welcome. No registration deadline: Pay and Play! Drop-in cards may be purchased online, at City Hall, NCCC or OASIS. First time is free! For more information, please call 949-270-8100.

LOCATION: NEWPORT COAST COMMUNITY CENTER**6401 SAN JOAQUIN HILLS ROAD, NEWPORT COAST**

Registration	Dates	Day	Time	Fee
Not required	9/5-12/19	M/F	12:30-3pm	\$3/1 visit

*No class 11/28, 12/5



**Registration for all classes listed
in BOLD will open
Thursday, Nov. 13 at 8am.**

**BALANCE & CHAIR FITNESS****CHAIR EXERCISE**

Instructor: Judy Aprile

jjjapril@yahoo.com

Build upper and lower body strength; increase flexibility; improve postural alignment and coordination. All exercises are performed seated.

LOCATION: OASIS EVENT CENTER

Class #	Dates	Day	Time	Fee
670243	11/3-11/24	MW	9:30-10:30am	\$23/6 mtgs
670244	12/1-12/10	MW	9:30-10:30am	\$17/4 mtgs
670245	12/15-12/22	MW	9:30-10:30am	Free/3 mtgs
SS1505	1/12-1/28	MW	9:30-10:30am	\$20/5 mtgs
SS1506	2/2-2/23	MW	9:30-10:30am	\$23/6 mtgs
SS1507	3/2-3/25	MW	9:30-10:30am	\$29/8 mtgs

No Class 11/12, 1/19, 2/16

CHAIR ZUMBA®

Instructor: CS Dance Factory

Info@CSDanceFactory.com

949-230-5934

Chair Zumba® exercise has simple, easy movements to increase strength and flexibility in your arms, legs and core muscles. Enjoy listening to fun Latin music and have a joyful time moving with our uplifting instructor. Stimulate your brain when you learn some basic Latin rhythms and simple steps that can be done in the chair. All exercises are performed seated. Great for injury recovery, too.

- Bring water & towel.
- Free Chair Demo Fri Jan 9, 11:15-12
- Prospective students may try one class for free.

LOCATION: OASIS ROOM 1A

Class #	Dates	Day	Time	Fee
670342	9/19-12/12	F	11:15-Noon	\$65/12 mtgs
SS1538	1/16-3/27	F	11:15-Noon	\$55/10 mtgs

No class 11/28, 2/20

Classes & Activities

FALLPROOF®

Instructor: Danielle Hernandez

626-297-5938

This class is a structured and progressive program designed to improve balance and reduce fall risk. Developed and researched at CSU Fullerton Center for Successful Aging, the FallProof® program has been proven to reduce the risk of falling in participants who've completed one or more rotations of the program.

- All students are required to complete a 30 minute balance assessment in order to obtain a permission slip to register. To schedule a balance assessment, please call instructor Danielle Hernandez at (626) 297-5938.
- Candidates for this program must be able to safely walk a distance of 200 feet without the use of any assistive device (cane or walker).
- This program is not appropriate for people with memory loss or cognitive impairment that could adversely impact judgment and/or decision-making abilities.

LOCATION: OASIS ROOM 1A

Class #	Dates	Day	Time	Fee
670442	10/13-12/12	M/F	2:30-3:30pm	\$185/16 mtgs
670443	10/13-12/12	M/F	3:30-4:30pm	\$185/16 mtgs
SS1536	1/26-3/23	M/F	8:30-9:30am	\$185/16 mtgs

No class 11/24-11/28, 2/16

FUNCTIONAL FITNESS

Instructor: Judy Aprile

jijaprile@yahoo.com

This Coastline College Special Programs class is for older adults with a verifiable medical diagnosis who would benefit from adaptive strength and flexibility exercises. Activities are performed seated and standing (based on individual ability).

- Students must have a verifiable physical disability.
- Registration through Coastline College is required. Please call Coastline at (714) 241-6214 for Coastline registration form.

LOCATION: OASIS ROOM 2

Registration	Dates	Day	Time	Fee
See above	8/25-12/8	M	11am-12:30pm	FREE



FLEXIBILITY & YOGA

IYENGAR YOGA

Instructor: Carolyn Matsuda

cmats84@msn.com

714-388-4328

A yoga practice brings joy, flexibility, strength and balance in both body and mind. Yoga poses will be modified to your needs, to support and align your body, which then allows for a peaceful, alert mind. Instructor is Jr. 1 Certified Iyengar Yoga Teacher.

- Bring a sticky mat and 3 firm blankets. Students generally spend about \$45-\$60 on these items. More details will be given the first day of class.

LOCATION: OASIS ROOM 1

Class #	Dates	Day	Time	Fee
670644	11/3-12/18	M/Th	10-11:15am	\$125/12 mtgs
670645	11/3-12/15	M	10-11:15am	\$71/6 mtgs
670646	11/6-12/18	Th	10-11:15am	\$71/6 mtgs
SS1582	1/5-2/12	M/Th	10-11:15am	\$105/10 mtgs
SS1583	1/5-2/9	M	10-11:15am	\$60/5 mtgs
SS1584	1/8-2/12	Th	10-11:15am	\$60/5 mtgs
SS1585	3/2-4/2	M/Th	10-11:15am	\$105/10 mtgs
SS1586	3/2-3/30	M	10-11:15am	\$60/5 mtgs
SS1587	3/5-4/2	Th	10-11:15am	\$60/5 mtgs

DROP IN (NO REFUNDS)

670647 See above for class dates, days and times

\$20/1 mtg

No class 11/24, 11/27, 1/19, 1/22

PILATES

Instructor: Kathryn Rollins

plumblines@hotmail.com

949-422-9834

Designed with flexibility and strength in mind, these gentle Pilates classes are also a great way to become informed about your body. Taught by a nurse who is also a certified Pilates instructor; all bodies are welcome. Just bring a mat and come ready to enjoy the class.

- Optional: bring a pair of 2lb ankle weights.

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
BEGINNING				
671042	10/28-12/9	Tu	8:45-9:45am	\$88/6 mtgs
771042	10/29-12/10	W	5:30-6:30pm	\$88/6 mtgs
671044	10/30-12/11	Th	7:30-8:30am	\$88/6 mtgs
SS1589	1/6-2/10	Tu	8:45-9:45am	\$88/ 6 mtgs
SS0155	1/7-2/11	W	5:30-6:30pm	\$88/6 mtgs
SS1591	1/8-2/12	Th	7:30-8:30am	\$88/6 mtgs
SS1592	2/24-3/31	Tu	8:45-9:45am	\$88/6 mtgs
SS0156	2/25-4/1	W	5:30-6:30pm	\$88/6 mtgs
SS1594	2/26-4/2	Th	7:30-8:30am	\$88/6 mtgs
BEGINNING/INTERMEDIATE				
671046	10/30-12/11	Th	10:30-11:30am	\$88/6 mtgs
SS1596	1/8-2/12	Th	10:30-11:30am	\$88/6 mtgs
SS1597	2/26-4/2	Th	10:30-11:30am	\$88/6 mtgs

DROP IN (NO REFUNDS)

671141 See above for class dates, days and times

\$20/1 mtg

No class 11/11, 11/26, 11/27

**Registration for all classes listed
in BOLD will open
Thursday, Nov. 13 at 8am.**

YOGA BLEND

Instructor: Sandy Farr healthwave@cox.net 949-378-8014 949-786-0736

If you have done yoga in the past and miss it, if you used to be active or athletic but life took you away, if career or illness interrupted your life, this program will get you back on track. Regain your strength, flexibility, coordination, sense of self and zest for life. Prepare for fun while increasing your health.

- No food two hours prior to class.
- Bring mat, two blankets and a smile!

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
GENTLE PACE				
671643	10/15-11/12	W	2-3:15pm	\$90/5 mtgs
671644	10/17-11/14	F	2-3:30pm	\$90/5 mtgs
671645	11/19-12/17	W	2-3:15pm	\$68/4 mtgs
671646	11/21-12/19	F	2-3:30pm	\$68/4 mtgs
SS1566	1/7-2/4	W	2-3:15pm	\$90/5 mtgs
SS1567	1/9-2/6	F	2-3:30pm	\$90/5 mtgs
SS1568	2/11-3/18	W	2-3:15pm	\$108/6 mtgs
SS1569	2/13-3/20	F	2-3:30pm	\$108/6 mtgs
REGULAR PACE				
771742	10/13-11/10	M	5-6:30pm	\$90/5 mtgs
671742	10/15-11/12	W	3:30-5pm	\$90/5 mtgs
771743	11/17-12/15	M	5-6:30pm	\$68/4 mtgs
671743	11/19-12/17	W	3:30-5pm	\$68/4 mtgs
SS0152	1/5-2/2	M	5-6:30pm	\$68/4 mtgs
SS1572	1/7-2/4	W	3:30-5pm	\$90/5 mtgs
SS0153	2/9-3/16	M	5-6:30pm	\$90/5 mtgs
SS1574	2/11-3/18	W	3:30-5pm	\$108/6mtgs

ATTEND CLASS 2 TIMES/WEEK (See above for class days and times)

671842	10/13-11/14			\$150/10 mtgs
671843	11/17-12/19			\$150/10 mtgs
SS1576	1/5-2/6			\$150/10 mtgs
SS1577	2/9-3/20			\$150/10 mtgs

ATTEND CLASS 3 TIMES/WEEK (See above for class days and times)

671845	10/13-11/14			\$225/15 mtgs
671846	11/17-12/19			\$225/15 mtgs
SS1579	1/5-2/6			\$180/14 mtgs
SS1580	2/9-3/20			\$225/17 mtgs

DROP IN (NO REFUNDS)

671941	See above for class dates, days and times			\$25/1 mtg
No class 11/24, 11/26, 11/28, 1/19, 2/16				

BARRE STRETCH & STRENGTH

Instructor: CS Dance Factory Info@CSDanceFactory.com 949-230-5934

Live longer, get stronger! Standing at the barre for the whole class, you will be led through easy-to-follow, head-to-toe exercises that are effective and fun. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres to get a unique workout.

- Free Demo Friday, Jan 9, 10:15-10:45am.

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
670142	9/19-12/12	F	10:15-11am	\$120/12 mtgs
SS1541	1/16-3/27	F	10:15-11am	\$100/10 mtgs

DROP IN (NO REFUNDS)

670143	See above for class dates, days and times			\$15/1 mtg
No class 11/28, 2/20				

Registration for all classes listed in BOLD will open Thursday, Nov. 13 at 8am.

OUTDOOR FITNESS**TRAIL TREKKIES**

Leader: Shelly Dobkins

949-723-9181

This group meets on the 2nd Wednesday of every month. This month's hike: Huntington Beach. Dirt trails in an urban area of Huntington Beach? A grand vista of the oil fields, ocean, and wetlands clear up to Palos Verdes? Our picnic lunch in a hidden gem of a park? A view of a lake at our turn-around point? This hike has all of the above. It is approximately a 2 and 1/2 mile walk on mostly dirt trails. There is some pavement on our route. The terrain is not completely flat; expect some gradual elevation gain and loss. Sturdy shoes are suggested, as well as a hat, sunscreen and a picnic lunch. Meet in the OASIS overflow parking lot at 5th Ave. & Marguerite at 11:00am sharp to carpool. In case of rain or temperatures above 90 degrees, the walk will be cancelled.

Registration	Dates	Day	Time	Fee
Not Required	11/12	W	11:00am	FREE

GOLF

Leader: Daryle Johnson

djviv@cox.net

949-854-7573

Group plays at four different courses. Reservations are required!

- Mon: Costa Mesa-Los Lagos, \$33, long & challenging, par 72.
- Wed: Fountain Valley-Mile Square Classic Course, \$38 + \$45 annual senior card, long & challenging.
- Wed: Costa Mesa- Mesa Linda, \$26, par 70.
- Fri: Fountain Valley-Mile Square Players Course \$40 + \$45 annual senior card, long & challenging.
- Cart fees vary. Average cost is \$12 per person.

Registration	Dates	Day	Time	Fee
RSVP Required	Ongoing	MWF	Check-in times vary	See above

SAILING

OASIS Sailing Club makes recreational sailing available to members and their guests and provides instruction in sailing to those members who wish to learn how to handle a sailboat. Enjoy year-round sailing our beautiful Catalina 34 MKII sloops Oasis-V and Oasis-VI. Both are in excellent shape and ready for all-weather operations. Sailing is sometimes tranquil, often challenging and always enjoyable. Over 150 friendly club members welcome both experienced and new sailors. The Club meets the last Wednesday of every month, from 1:30-3 pm at the OASIS Senior Center. There is a \$54 quarterly dues charge and \$18 for each day sail. (Google "oasis sailing club" for our website). Call Membership Chair Rick Anderson at 714-273-7005 for membership details.

LOCATION (MEETING ONLY): OASIS ROOM 1

Registration	Dates	Day	Time	Fee
Not Required	11/26	W	1:30-3:30pm	See above

Classes & Activities

LONGEVITY STICK

These easy to learn gentle movements promote physical fitness and mental relaxation. Please bring a one inch round (in diameter) wood stick that has a length equivalent to your body height. Most hardware stores carry wood sticks. Visit www.longevitystick.org to learn more.

LOCATION: GRANT HOWALD PARK

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu	9:30-10:30am	FREE

Music & Dancing



BALLET

Instructor: Michelle Zehnder Caumiant mcaumiant26@gmail.com
Join us in learning the graceful beautiful movements of ballet. Work on strength, flexibility, coordination and balance through this time-tested successful form of dance. It is a chance to express and share your creative side through non-stressful movements in a relaxed and supportive classroom environment. Please wear comfortable clothing and shoes. Ballet shoes are best.

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
620141	9/16-12/16	Tu	11:30am-12:30pm	\$115/13 mtgs
SS1601	1/13-3/24	Tu	11:30am-12:30pm	\$110/11 mtgs

No class 11/11

DANCE WORKSHOP

Instructor: Michelle Zehnder Caumiant mcaumiant26@gmail.com
This dance workshop incorporates many styles of dance seen on stage and television. You will warm up with a ballet barre and then we will work on choreography using a variety of dance styles. This is a great opportunity for you to develop a unique repertoire of dances in a fun and friendly workshop atmosphere.

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
720141	9/20-12/20	Sa	11am-12:30pm	\$164/13 mtgs
SS1603	1/17-3/28	Sa	11am-12:30pm	\$154/11 mtgs

No class 11/15

Registration for all classes listed in BOLD will open Thursday, Nov. 13 at 8am.

DANCE AND STRETCH- NIA

Instructor: Marilyn Tradewell, M.A. marilyn@tradewell.info 949 400-3103

What if you could dance while stretching, and stretch while dancing? Combine carefully selected movements and concepts from modern dance, yoga, Tai Chi and other movement forms to music. Benefit from the total-body cardiovascular conditioning of dance and creative stretching. Play with a variety of therabands, scarves, balls, leaving you graceful, strong, balanced, grounded and energized.

- Bring a mat.
- Free demo classes
Wed, Jan. 14, 10:30-11:30am.
Wed, Feb. 18, 10:30-11:30am.

LOCATION: DANCE ROOM

Class #	Dates	Day	Time	Fee
670844	10/22-11/12	W	10:30-11:30am	\$38/4 mtgs
SS1543	1/21-2/11	W	10:30-11:30am	\$39/4 mtgs
SS1544	2/25-3/18	W	10:30-11:30am	\$39/4 mtgs

INTRO TO BROADWAY DANCE

Instructor: CS Dance Factory Info@CSDanceFactory.com 949-230-5934

Come learn simple, basic Broadway dance patterns and techniques. No partner necessary as it's taught in a small group setting. Steps are broken down, so beginners are able to dance immediately with confidence. Enjoy favorite Broadway tunes, and see why dance is top-rated for your brain, your heart and your soul!

LOCATION: OASIS DANCE ROOM

Registration	Dates	Day	Time	Fee
SS1599	4/3	F	10:30-11:15am	\$25/1 mtg

JAZZ DANCING- BEGINNING

Instructor: Michelle Zehnder Caumiant mcaumiant26@gmail.com

Both men and women may join this class. Have fun while improving strength, stamina, flexibility, balance and coordination. We will be dancing to a variety of music that will inspire you to get up and move. Whether it's Broadway, movies or television, past or present, this style has a lot of diversity and is a blast. Bring your "let's get busy" attitude while you are invigorated by dancing.

- Please wear jazz or soft shoes.

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
620241	9/16-12/16	Tu	12:40-1:40pm	\$115/13 mtgs
SS1605	1/13-3/24	Tu	12:40-1:40pm	\$110/11 mtgs

No class 11/11

HULA

Instructor: Marianne Ripley 949-642-8737

Learn this beautiful, expressive dance.

LOCATION: OASIS DANCE ROOM

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M	11-Noon	FREE

LINE DANCING

Instructor: Carolyn Cragun carolyn@dancedivinely.com
Learn new dances and old favorites while improving your fitness level.

LOCATION: OASIS DANCE ROOM

Class #	Dates	Day	Time	Fee
LEVEL 1				
620341	9/11-11/13	Th	1-1:55pm	\$62/10 mtgs
SS1607	1/8-3/12	Th	1-1:55pm	\$62/10 mtgs
LEVEL 2				
620342	9/11-11/13	Th	2-2:55pm	\$62/10 mtgs
SS1609	1/8-3/12	Th	2-2:55pm	\$62/10 mtgs
LEVEL 3				
620343	9/11-11/13	Th	3-4pm	\$62/10 mtgs
SS1611	1/8-3/12	Th	3-4pm	\$62/10 mtgs
COMBO CLASS: LEVEL 1 & 2				
620344	9/11-11/13	Th	1-2:55pm	\$74/10 mtgs
SS1613	1/8-3/12	Th	1-2:55pm	\$74/10 mtgs
COMBO CLASS: LEVEL 2 & 3				
620345	9/11-11/13	Th	2-4pm	\$74/10 mtgs
SS1615	1/8-3/12	Th	2-4pm	\$74/10 mtgs

OASIS SING ALONG

Instructor: Nancy Johnson
Join a group of music aficionados who love to sing together, harmonize and learn new tunes. Join in and sing with us!

LOCATION: OASIS EVENT CENTER

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Th	1-3pm	FREE

SING & PICK HOOTENANNY GROUP

Facilitator: Mac MacAdam mnmacadam@sbcglobal.net 949-644-6180
Join the fun as we sing and play American folk, bluegrass, country, blues and gospel songs. Bring your acoustic (non-amplified) instrument: guitar, mandolin, fiddle, bass, ukulele, harmonica, etc., or just sing along with the group. Lyrics and chords provided. Beginners to advanced. Regular attendance is not required. Visit us any Friday!

• For further information, please call or email Mac (Contact info listed above)

LOCATION: OASIS ROOM 5

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	F	1-3pm	FREE

UKULELE STRUMMERS AND SINGERS

Instructor: Tony Cappa 949-492-1700
Our ukulele strumming, singing and hula dancers' activities are socially oriented to have fun, learn and self improve. Four strings of lifetime fun. Beginners or those with music experience or who like to perform and entertain - join us.

LOCATION: OASIS EVENT CENTER

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M	1-3pm	FREE

**Registration for all classes listed
in BOLD will open
Thursday, Nov. 13 at 8am.**

UKULELE WORKOUT

Instructor: Maryann Ripley 949-642-8737
Have fun playing the ukulele and singing as a group. Learn new songs and chords. Everyone is welcome, beginner to advanced.

LOCATION: OASIS EVENT CENTER A

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu	10-11:30am	FREE

Enrichment

BOOK DISCUSSION GROUP

This book group meets every 2nd Wednesday of the month. Read the book and join the group discussion. This month's book: *The Imperfectionists* by Tom Rachman.

LOCATION: NEWPORT BEACH CENTRAL LIBRARY, 1000 AVOCADO

Registration	Dates	Day	Time	Fee
Not Required	11/12	W	9:30-11am	FREE

INFORMAL BOOK GROUP

Leader: Phyllis Scheffler
Enjoy sharing and discussing a variety of stimulating books in a relaxed setting on the first Wednesday of each month. This month's reading topic: Mysteries

LOCATION: OASIS ROOM 1A

Registration	Dates	Day	Time	Fee
Not Required	11/5	W	10:30-Noon	FREE

GARDEN CLUB

Leader: Bob Rafalovich rafalovich@daisydogpro.com

This club meets the 1st Saturday of the month and has a speaker on gardening at each meeting. Come and join us and learn about gardening; visit our website at www.oasisgardenclub.com.

LOCATION (MEETING ONLY): OASIS ROOM 4

Registration	Dates	Day	Time	Fee
Not Required	11/1	Sa	9-11am	Mtg FREE



CURRENT EVENTS DISCUSSION

Facilitator: Ginger Hayter 949-813-0377
Join this group to openly discuss current events in a friendly setting. Topics will include news, magazines, and movies. Participants are asked to bring an article to share with the group. From time to time, a speaker may speak on a special topic.

LOCATION: OASIS LIBRARY

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M	5-7pm	FREE

FOREIGN AFFAIRS DISCUSSION

Facilitator: Ginger Hayter 949-813-0377
This group meets to discuss changes taking place in the world and in our country's foreign relations.

- This group meets on the 3rd Thurs. of the month Feb- Sept.
- \$25 fee includes a workbook, available in the Admin Office.
- Speaker: Russia

LOCATION: OASIS LIBRARY

Registration	Dates	Day	Time	Fee
683711	11/20	Th	1-3pm	\$25

DRIVER SAFETY (AARP)

This eight-hour class covers defensive driving strategies, new traffic laws, rules of the road, car control, driving skills/techniques, preparation for written test, DMV test questions, how to tell if you should give up driving and even how to get around when you no longer drive. Some insurance companies offer a three year discount on auto insurance upon completion of this course.

- **YOU MUST ATTEND CLASS BOTH MONDAY AND WEDNESDAY TO COMPLETE THE COURSE.**
- In-person, advance registration only.
- Checks only, made payable to AARP.
- **Fee: \$15 AARP members; \$20 non-members.**

LOCATION: OASIS ROOM 2B

Registration	Dates	Day	Time	Fee
See above	11/17 & 11/19	M/W	2-6pm	See above

FINANCIAL FORUM

Facilitator: Jim Sutter jimsutter@aol.com
The group meets on the first Thursday of the month. For November 6th, in addition to our regular "Market Watch", we will tackle the issues surrounding year-end tax planning and the related tax consequences of investment activity during 2014. Our speaker will be joined by a CPA who will provide a view of what actions an investor can take to insure maximum net returns for the current year, as well as a look ahead to changes in 2015. Bring your investment related tax questions for our experts. A light refreshment will be served.

LOCATION: ROOM 4

Registration	Dates	Day	Time	Fee
Not Required	11/6	Th	3-5pm	FREE



WRITING ROUNDTABLE GROUP

Facilitator: Jos Vloet vloet@sbcglobal.net
The class is dedicated to improving writing skills by presenting readings, then receiving critiques. Authors may bring prepared material, double spaced, with a copy for each attendee. A classroom copy machine is available. Content may include short stories, personal essays, a magazine article or poem. Reading time depends upon class attendance. Please visit our interesting group.

LOCATION: OASIS ROOM 5

Registration	Dates	Day	Time	Fee
RSVP Required	Ongoing	W	1-3pm	FREE

WRITING YOUR LIFE STORIES

Instructor: Bertell Mahoney 949-496-7289
• Free introductory session "Leaving a Legacy: Treasure Beyond Measure," Monday, January 12, 1-2pm. Please call OASIS at (949) 644-3244 to RSVP.

INTRODUCTION

Have you ever wanted to write about your life, but wondered how to get started, how to keep going, and whether it's even worth it in the first place? In this class, you will learn how to turn the crazy, sad and wonderful stuff of your life into stories that have order, clarity and meaning. With opportunities for giving and receiving feedback, you will learn how to prepare your stories for the benefit of future generations—possibly your greatest legacy. No writing experience necessary.

LOCATION: OASIS ROOM 5

Class #	Dates	Day	Time	Fee
683341	10/21-12/2	Tu	10am-Noon	\$95/6 mtgs
SS1157	1/13-3/3	Tu	10am-Noon	\$135/8 mtgs

CONTINUATION

With the basics in place, participants will continue to write their life stories and refine their writing with emphasis on the elements of style.

- Prerequisite: Writing Your Life Stories- Introduction.
- Group is limited to 10 participants.

Class #	Dates	Day	Time	Fee
683342	10/21-12/2	Tu	1-3 pm	\$95/6 mtgs
SS1162	1/13-3/3	Tu	1-3pm	\$135/8 mtgs

No class 11/11

**Registration for all classes listed
in BOLD will open
Thursday, Nov. 13 at 8am.**

WOMEN'S WISDOM

Facilitator: Barbara Stern

barbaras@cox.net

Celebrate your time of life and find common ground with other amazing women who are each on their own journey! Join our discussion group and enjoy stimulating conversation, become more knowledgeable about changing lifestyle issues and what is possible at this stage of our lives! Connect with interesting women! Discover new perspectives! Have a good time!

- **Space is limited. Please email the facilitator (listed above) to sign up.**

LOCATION: OASIS ROOM 3

Registration	Dates	Day	Time	Fee
RSVP Required	10/8-11/5	W	3:30-5pm	Free/5mtgs

COOKING WITH CHEF SUSAN

Instructor: Chef Susan Miller

healthyme5@aol.com

Course SS1055: Winter comfort food! If it's cool in Southern California in January then this menu is a great way to warm you up. It's warm and yummy but doesn't expand the tummy. Lasagna with Turkey Sausage Bolognese and mixed Greens with Mustard Dressing. Lentil and Vegetable Stew with corn-cheddar muffins.

Course SS1056: Seductively Simple Valentine's Day menu for two! Skip the Valentine's restaurant rigmarole—the 5:30 seating, the overpriced prix-fixe, the pressure—and cook our seductively simple menu for two. Roasted Shrimp with Lemon-Horseradish Dipping Sauce, Radicchio and Arugula Salad with Roasted Pepper Dressing and Cheese Crostini. Pan-Seared Strip Steak with Red-Wine Pan Sauce and Pink-Peppercorn Butter and Potato and Parsnip Puree. Lemon shortbread heart cookies for dessert.

Course SS1057: Healthy Easter Brunch. Celebrate with healthy Easter brunch recipes with a casual, elegant menu. Ham and Asparagus Frittata, Herbed potato salad, Basil-Lime fruit salad and Golden Onion Strata with Gruyère and Prosciutto.

- \$20 material fee payable to instructor for each two week session.

LOCATION: OASIS EVENT CENTER C

Registration	Dates	Day	Time	Fee
SS1055	1/13-1/20	Tu	2-4pm	\$45/2 mtgs
SS1056	2/3-2/10	Tu	2-4pm	\$45/2 mtgs
SS1057	3/3-3/10	Tu	2-4pm	\$45/2 mtgs

LET'S GO TRIPPIN': TRAVEL FILM SERIES

Presenter: Jackie Baird-Bunker on ALASKA

A picture is worth a thousand words, and in the case of our own last frontier in Alaska, even superlatives used to describe the experiences of spending time in Denali's back country or standing on the banks of bays and rivers in Katmai National Park as grizzlies gorge on salmon must be seen to be believed.

LOCATION: OASIS EVENT CENTER

Registration	Dates	Day	Time	Fee
Not Required	11/12	W	7-8pm	FREE

Registration for all classes listed in BOLD will open Thursday, Nov. 13 at 8am.

Foreign Language

FRENCH

ADV. STUDIES IN FRENCH LITERATURE

Instructor: Danielle Wilson

949-675-5182

Class is conducted exclusively in French. Literature will include classic and modern novels, short stories and poems. Classroom activities center on spontaneous classroom and small-group discussions, reading aloud, dictations, and grammar review as needed.

LOCATION: OASIS ROOM 2B

Class #	Dates	Day	Time	Fee
685041	9/3-12/17	W	10am-Noon	\$82/15 mtgs
SS1014	1/7-4/8	W	10am-Noon	\$70/14 mtgs

No class 11/26

ADVANCED FRENCH READING & DISCUSSION

Instructor: Danielle Wilson

949-675-5182

Conducted exclusively in French, reading and discussion will be on a variety of topics. Small-group discussions as well as general discussion will follow the reading of current news articles, short literary excerpts and poems. A maximum of 10 students will permit each person an opportunity to speak often, practicing and improving his or her fluency in French.

LOCATION: OASIS ROOM 2A

Class #	Dates	Day	Time	Fee
685141	9/4-12/18	Th	10am-Noon	\$82/15 mtgs
SS1011	1/8-4/9	Th	10am-Noon	\$70/14 mtgs

No class 11/27

FRENCH CAFE

Instructor: Sabine Abourjeily

949-280-8143

Class will emphasize verbal communication with an introduction to basic written expressions, development of reading and vocabulary skills.

LOCATION: OASIS ROOM 4

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M	10-11:30am	FREE

FRENCH- INTERMEDIATE

Instructor: Leo Vortouni

949-722-1153

Emphasis is on French conversation and reading.

LOCATION: OASIS ROOM 5

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M	10:00am-Noon	FREE

GERMAN & ITALIAN

GERMAN- ADVANCED

Instructor: Antonia Burleigh

Emphasis is on grammar, conversation and translation for the advanced student.

LOCATION: OASIS ROOM 4

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Th	10:00am-Noon	FREE

ITALIAN- BEGINNING

Instructor: Fausta Vitali

fausta1@cox.net

You will learn the basics of the Italian language, some grammar but mostly lots of vocabulary to make travel to Italy more comfortable and fun! You will learn not only the language but also the customs and way of life in Italy. At the end of the five classes you will receive a CD that covers all the material you learned during the course.

- \$10 material fee payable to instructor on the first day of class.

LOCATION: OASIS ROOM 2B

Class #	Dates	Day	Time	Fee
SS1122	2/5-3/5	Th	10-11am	\$75/5 mtgs

ITALIAN- INTERMEDIATE

Instructor: Fausta Vitali

fausta1@cox.net

A follow-up to the beginning class, this class will expand your knowledge of the language. We will touch on verbs in their infinitive form and put phrases together to help you be comfortable when trying to express yourself. Arrivederci e presto.

- Optional \$10 material fee payable to instructor if you would like a CD of course material.

LOCATION: OASIS ROOM 2B

Class #	Dates	Day	Time	Fee
SS1125	2/5-3/5	Th	11-Noon	\$75/5 mtgs

SPANISH

SPANISH- BASIC

Instructor: Nida Fernandez, Ph.D.

nidit@att.net

Introduction to pronunciation, basic grammar including genders, articles, verbs, reading, structure of speech and basic conversation. Cost of materials to be announced.

LOCATION: OASIS ROOM 5

Class #	Dates	Day	Time	Fee
685441	10/20-12/8	M	3-4:30pm	\$30/8 mtgs
SS1136	1/12-03/16	M	3-4:30pm	\$30/8 mtgs

No class 1/19, 2/16



SPANISH- INTERMEDIATE

Instructor: Nida Fernandez, Ph.D.

nidit@att.net

Learn to engage in conversation, writing and reading by using different verb conjugations, enhance basic grammar, pronunciation, expressions of social and travel experiences and the Spanish-Latin American culture.

- Cost of materials to be announced.
- **Students must possess a basic understanding of Spanish.**

LOCATION: OASIS ROOM 5

Registration	Dates	Day	Time	Fee
685541	10/20-12/8	M	1-2:30pm	\$30/8 mtgs
SS1139	1/12-3/16	M	1-2:30pm	\$30/8 mtgs

No class 1/19, 2/16

DISCOVERING LITERATURE IN SPANISH

Instructor: Dariela Wilson

949-675-5182

Take a journey the 2nd Monday of every month into literature in Spanish. Cruise down the continent, and meet Latino writers such as Julio Cortázar, Jorge Borges and Isabel Allende. Adventure into Spain by way of short stories, novels, poems and plays. Ask your guide, "How is poetry different from prose?" "What is magical realism?" Explore modern usage of the elements of fiction: plot, characters, setting, imagery and narrative. Beginning in January 2015: *Cien años de soledad* by Nobel-prize-winning author Gabriel García Márquez.

LOCATION: OASIS ROOM 2A

Registration	Dates	Day	Time	Fee
685841	11/10, 12/8	M	2:30-4:30pm	\$27/4 mtgs
SS1065	1/12, 2/9, 3/9, 4/13	M	2:30-4:30pm	\$27/4 mtgs

INTERNATIONAL SPANISH LANGUAGE & CULTURAL CLUB

Leader: Nida Fernandez, Ph.D.

nidit@att.net

This group meets the last Thursday of the month to socially and informally meet other Spanish language enthusiasts to discuss movies, magazines, essays, poems, and cultural and international news in Spanish. Outings may be included. Come share and discuss. If you are a native Spanish speaker, have mastered the language, or are a non-native with higher level Spanish skills and/or wish to practice reading and listening skills, this may be your group. Group is informal, voluntary and non-academic.

LOCATION: OASIS LIBRARY/GAME ROOM

Registration	Dates	Day	Time	Fee
Not Required	11/20	Th	5:30-7pm	FREE

**Registration for all classes listed
in BOLD will open
Thursday, Nov. 13 at 8am.**

- All computer classes are held in the OASIS Computer Center unless otherwise noted.
- OASIS computer classes are taught on OASIS PCs only (Windows software).
- Personal computers are not permitted.
- While not taught on Macs, many of the skills taught and applications such as Shutterfly photo books, eBay, Facebook, Google, and Picasa can be used on either the PC or Mac platform.

Computer

COMPUTER BASICS

Instructor: Carole Kamper

949-230-5902

The class is designed for the beginning computer user. Emphasis will be on hands-on use of the mouse and getting comfortable with the keyboard. You will learn the anatomy of a "window" and the many features common to computer programs by exploring Accessories Programs available in MS Windows.

- \$2 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
SS1046	1/13-2/3	Tu	10-11am	\$60/4 mtgs
SS1047	3/9-3/30	M	10-11am	\$60/4 mtgs

COMPUTER SKILLS

Instructor: Carole Kamper

949-230-5902

This class is for participants who have had some prior experience with computers. You do not need to own a computer to attend. It will familiarize you with the desktop, the control panel, folders and files. Emphasis will be on the use of the accessories programs included in Microsoft Windows. The steps in creating, saving and retrieving files will be taught using Paint and WordPad. Prerequisite: Computer Basics or equivalent.

- \$2 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
SS1049	1/13-2/3	Tu	11:15am-12:15pm	\$60/4 mtgs
SS1050	3/9-3/20	M	11:15am-12:15pm	\$60/4 mtgs

COMPUTER TIPS & TRICKS

Instructor: Carole Kamper

949-230-5902

Come explore the possibilities of your computer and find out about online tutorials and websites that will expand your computer skills. This workshop is designed to teach techniques to make your computer experience more productive and enjoyable. Prerequisite: Basic word processing skills

Class #	Dates	Day	Time	Fee
881343	12/17	W	9:30-11am	\$25/1 mtg
SS1052	2/3	Tu	10:30-Noon	\$25/1 mtg
SS1053	3/4	W	2-3:30pm	\$25/1 mtg

COMPUTER FRIENDS

Leader: Harold Katz

949-274-2509

This networking group meets on the 2nd Wednesday of the month.

Topic: HISTORY OF THE INTERNET

Speaker: Randy Langel

An understanding of how the internet evolved is essential to an understanding of how it works today. And there are some fascinating stories in its history. Our speaker has been intimately involved since its beginnings. Randy Langel has worked for IBM for many years and he now has a thriving consulting business. He has spoken to our Computer Club many times and is always interesting. For more information visit our website www.friendsofoasis.org and click on Computer Friends.

LOCATION: OASIS ROOM1

Registration	Dates	Day	Time	Fee
Not Required	11/12	W	1-3pm	Free

DIGITAL PHOTO EDITING

Instructor: Barbara Yin Milbert

Learn to edit your digital photos using Picasa photo editing program. Prerequisite: Computer Basics or equivalent.

Class #	Dates	Day	Time	Fee
681441	10/23-11/13	Th	9:45-10:45am	\$60/4 mtgs
SS1062	2/12-3/5	Th	9:45-10:45am	\$60/4 mtgs

EBAY 1

Instructor: Barbara Yin Milbert

Learn to buy and sell items on eBay. Pre-requisite: basic computer skills and familiarity with the internet.

Class #	Dates	Day	Time	Fee
SS1073	1/8	Th	10-Noon	\$30/1 mtg
SS1074	2/18	W	1-3pm	\$30/1 mtg

EBAY 2

Instructor: Barbara Yin Milbert

Learn more advanced skills for buying and selling items on eBay. Prerequisite: eBay 1 or equivalent and basic computer skills.

Class #	Dates	Day	Time	Fee
SS1076	2/12-2/19	Th	11am-Noon	\$30/2 mtgs
SS1077	3/12-3/19	Th	11am-Noon	\$30/2 mtgs

INTRO TO FACEBOOK

Instructor: Barbara Yin Milbert

In this introductory class, you will learn about Facebook and the pros and cons of joining this popular social network. You will also learn how to set up an account and select your security and privacy settings. Prerequisite: Computer Basics and Skills or equivalent.

Class #	Dates	Day	Time	Fee
682041	11/6-11/13	Th	11am-Noon	\$30/2 mtgs
SS1108	2/26-3/5	Th	11am-Noon	\$30/2 mtgs

Classes & Activities

Registration for all classes listed in BOLD will open Thursday, Nov. 13 at 8am.

INTRO TO WORD

Instructor: Barbara Yin Milbert

Learn to open and save a new document, cut, copy, and paste, use spell check, change font, text size, style and color, organize your files, insert pictures, and more! Prerequisite: Computer Basics or equivalent.

Class #	Dates	Day	Time	Fee
SS1114	1/15-2/5	Th	9:45-10:45am	\$60/4 mtgs

GOOGLE 101

Instructor: Carole Kamper

949-230-5902

Come explore all the features Google offers: Translation, Images, Maps, research in the Books and the Scholar section and how to keep a portfolio in Finance. Did you know that you can view art museums around the world using Google Art Project. Prerequisite: Basics Internet skills

Class #	Dates	Day	Time	Fee
881943	12/3	W	11-12:30pm	\$25/1 mtg
SS1087	2/3	Tu	1-2:30pm	\$25/1 mtg

INTRO TO EXCEL

Instructor: Barbara Yin Milbert

Learn to manipulate, process and view the data on a spreadsheet. Use different functions of Excel. Insert graphics into your spreadsheet. Prerequisite: Computer Basics and Skills or equivalent.

Class #	Dates	Day	Time	Fee
SS1105	1/15-2/5	Th	11am-Noon	\$60/4 mtgs

INTRO TO EMAIL/INTERNET

Instructor: Barbara Yin Milbert

Learn to set up an email account and use basic email tools. Attach photos and documents to your email, and download photos and documents from the emails you received. Use Google or Bing to search for airline tickets, doctor information, or make dinner reservations on line.

Class #	Dates	Day	Time	Fee
SS1100	3/12-3/19	Th	9:45-10:45am	\$30/2 mtgs

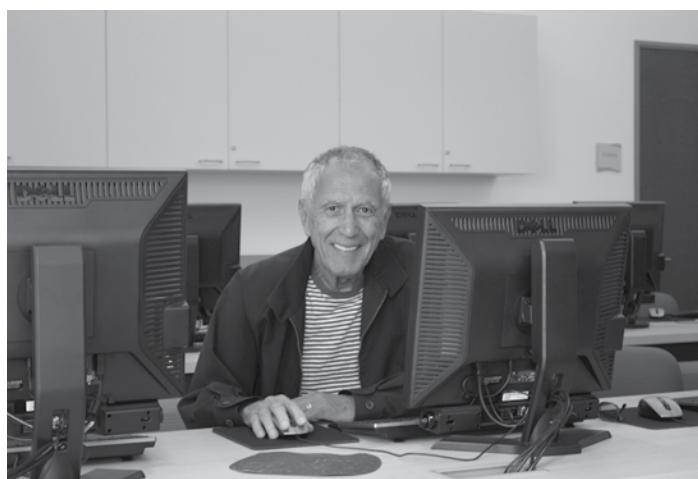
MAKING A PHOTO BOOK USING SHUTTERFLY

Instructor: Carole Kamper

949-230-5902

You will learn to upload pictures from a camera, or a smartphone to Shutterfly's website. You will learn to use the layout, background and adding text features. By the end of the class you will be on your way to making a fun, creative family or travel printable book that can be ordered from Shutterfly.

Class #	Dates	Day	Time	Fee
882343	12/1	M	10am-Noon	\$30/1 mtg
SS1133	1/7	W	10am-Noon	\$30/1 mtg
SS1134	3/3	Tu	1:30-3:30pm	\$30/1 mtg



ONE-ON-ONE TUTORING

Tutors: High School Student Volunteers

Have questions about Google, e-mail and Facebook or just surfing the web? Need a quick question answered about your computer? Want to learn how to text, take pictures, and surf the internet with your cell phone? We have high school students who can help you with basic computer questions. Available by appointment only. Appointments last 30 minutes. Call (949) 644-3244.

- **Tutoring is on break until January 13, 2015.**

Registration	Dates	Day	Time	Fee
Appt. Required	Returns 1/13	Tu	4-5pm	FREE

Fine Arts

All art classes are held in the OASIS Art Center unless otherwise noted.

BEADING

Instructor: Tania Addington

tskga@hotmail.com

Interested in bead weaving, learning, refreshing and increasing beading skills. New beaders learn about supplies, and work simple projects in off-loom stitches: Peyote, Brick, Netting, Right Angle, Square, Herringbone, and Chevron stitch, making bracelets, and necklaces using small seed beads.

- Materials list will print out on registration receipt.
- \$5 material fee payable to instructor on the first day of class.

LOCATION: OASIS ROOM 4

Class #	Dates	Day	Time	Fee
610142	10/28-12/9	Tu	12:30-2:30pm	\$40/6 mtgs
SS1017	1/6-2/10	Tu	12:30-2:30pm	\$40/6 mtgs
SS1018	2/24-3/31	Tu	12:30-2:30pm	\$40/6 mtgs

No class 11/11

BEAD STRINGING & RE-STRINGING

Instructor: Tania Addington

tskga@hotmail.com

This course is designed for beaders of all levels and for re-stringing older jewelry in updated styles. Students will get to know the rules of stringing beads, how to finish projects, and use color and balance in stringing. We will make bracelets, necklaces and earrings. Students are encouraged to use their own style and choice of beads. Sample beadwork will be available for viewing and to encourage creativity.

- Materials list will print out on registration receipt.
- \$5 material fee payable to instructor on the first day of class.

LOCATION: OASIS ROOM 4

Class #	Dates	Day	Time	Fee
610242	10/28-12/9	Tu	9:30-11:30am	\$40/6 mtgs
SS1021	1/6-2/10	Tu	9:30-11:30am	\$40/6 mtgs
SS1022	2/24-3/31	Tu	9:30-11:30am	\$40/6 mtgs

No class 11/11

BEADING & BEAD STRINGING - SINGLE REPAIR DROP IN

Instructor: Tania Addington

tskga@hotmail.com

This is not one-on-one instruction, rather, the instructor will offer helpful instructions during regular classes as time permits to drop-in students looking to repair a single item. See "Beading" and "Bead Stringing" listings for available class dates, days and times. Limit one drop in student per class meeting.

LOCATION: OASIS ROOM 4**DROP IN (NO REFUNDS)**

610143

\$15/1 mtg

CERAMICS

Instructor: Karen Thayer

karenthayer@yahoo.com

Learn how to create ceramic objects using hand-building techniques and the potter's wheel. Beginning students will learn the basics of slabbing, coiling, pinching and glazing clay. Returning and advanced students will refine their skills with the endless possibilities that this simple material offers. If you have your own tools, please bring them. No tools are required at the first class. Instructor will provide basic tools and also have specialty tools available for purchase.

- \$18 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
670542	9/3-11/19	W	9am-Noon	\$162/12mtgs
SS1031	1/14-3/18	W	9am-Noon	\$135/10mtgs

KNITTING & NEEDLEWORK GROUP

Leader: Golda

949-673-7553

This group of experienced needle-workers meets weekly to work on individual projects.

LOCATION: OASIS ROOM 3

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	W	Noon-2pm	FREE

OPEN ART WORKSHOP

For students of any medium, this is the perfect time to catch up on class projects.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	F	9am-4pm	FREE

CHINESE BRUSH PAINTING

Instructor: Diana Wong

dianawong2001@yahoo.com

Explore the art of Chinese brush painting through the use of brush, rice paper, ink, and colors, while expressing the inner spirit of the subject or the feeling of the artist. Learn to paint flowers, birds, animals, and insects.

- Materials list will print out on registration receipt.
- \$10 material fee payable to instructor for class SS1036.
- \$5 material fee for classes 610643, SS1037 and SS1038.

Class #	Dates	Day	Time	Fee
610641	9/16-12/2	Tu	9:30-11:30am	\$162/10 mtgs
610643	10/28-12/2	Tu	9:30-11:30am	\$83/5 mtgs
SS1036	1/6-3/10	Tu	9:30-11:30am	\$162/10 mtgs
SS1037	1/6-2/3	Tu	9:30-11:30am	\$83/5 mtgs
SS1038	2/10-3/10	Tu	9:30-11:30am	\$83/5 mtgs

No class 11/11

COLOR WORKSHOP

Raymond Otis

Learn basic and advanced color techniques. Starting with red, yellow, and blue, you'll mix and paint many exercises. The magic of color painting will be lots of fun. Beginning artists—this is a great foundation in watercolor, acrylics, and water oils. Experienced artists of any medium—this will stretch you and improve your skills. Visit Raymond's artist gallery website at raymondgotis.com.

- This session covers 1/4 of the 60+ "Glossary of Color Terms." Additional topics include the World of Color Solids, Colorability, and the World of Fundamental/psychological/physiological Primaries. A brief overview/lecture will accompany each color session that reviews the other three sessions in the series.
- Materials list will print out on registration receipt.

Class #	Dates	Day	Time	Fee
SS1041	1/29-2/12	Th	3-5:30pm	\$75/3 mtgs

INSTRUCTOR ASSISTED WORKSHOP- BEG/ADV

Instructor: Nancy Wahamaki

gandolf.wahamaki@gmail.com

This workshop is open to all mediums, including sculpting, acrylic, watercolor, pastel, colored pencil and drawing. Nancy Wahamaki, BFA, is a professional artist. She will help you to "push" your style and give you encouragement to take the next step, as you work on your own individual projects. NancysArtWorld.com.

- Please bring a project you are currently working on and any supplies you may need.

Class #	Dates	Day	Time	Fee
611042	11/3-12/15	M	9am-Noon	\$119/7 mtgs
SS1117	1/5-2/23	M	9am-Noon	\$108/6 mtgs
SS1118	3/2-4/6	M	9am-Noon	\$108/6 mtgs

No class 1/19, 2/16

**Registration for all classes listed
in BOLD will open
Thursday, Nov. 13 at 8am.**

NOVEMBER 2014

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8-9	\$ Physical Training (pg. 9)	EC
9-12	\$ Instructor Assisted Workshop (pg. 21)	Art
9-10	\$ Zumba Gold (pg. 10)	Dance
9:30-10:30	\$ Chair Exercise (pg. 11)	EC
9:30-11:30	\$ Intermediate Bridge (pg. 25)	3
10-11:15	\$ Iyengar Yoga (pg. 12)	1
10-11:30	French Cafe (pg. 17)	4
10-12	French - Intermediate (pg. 17)	5
10-12	\$ Shutterfly Photo Album (pg. 20)	CC
11-12	Hula (pg. 14)	Dance
11-12:30	^ Functional Fitness (pg. 12)	2
12:30-3:00	\$ Pickleball (pg. 11)	NCCC
12:30-3:30	Mah Jongg (pg. 25)	3
1-2	Leaving a Legacy (pg. 5)	4
1-2:30	\$ Spanish- Intermediate (pg. 18)	5
1-2:30	\$ Google 101 (pg. 20)	CC
1-3	Ukulele Strummers & Singers (pg. 15)	EC
1-4	\$ Oil Painting (pg. 24)	Art
1-4	Scrabble (pg. 26)	Library
2-3	\$ The Feldenkrais Method® (pg. 9)	Dance
2-4	Living Healthy Workshop (pg. 6)	4
2:30-3:30	\$ FallProof (pg. 12)	1
2-6pm	\$ AARP Driver Safety (pg. 16)	2B
2:30-4:30	Discovering Literature in Spanish (pg. 18)	2A
3-4:30	\$ Spanish- Basic (pg. 18)	5
5-6:30	\$ Yoga Blend (pg. 13)	Dance
5-7	Current Events Discussion (pg. 16)	Library

**OASIS IS CLOSED
ON NOVEMBER
11, 27 & 28.**

8-9	\$ Strength Training (pg. 11)	EC
8:45-9:45	\$ Pilates - Beginning (pg. 12)	Dance
9-11	Blood Pressure (pg. 27)	Library
9:30-10:30	Longevity Stick (pg. 14)	GH
9:30-11:30	\$ Bead Stringing & Re-Stringing (pg. 20)	4
9:30-11:30	\$ Chinese Brush Painting (pg. 21)	Art
9:30-11:30	\$ Beginning Bridge (pg. 25)	3
10-11:30	Ukulele Workout (pg. 15)	EC-A
10-11	\$ Computer Basics (pg. 19)	CC
10-12	\$ Writing Your Life Stories - Intro (pg. 16)	5
10-2	Duplicate Bridge (pg. 25)	2
10-2	Party Bridge (pg. 25)	1
11:15-12:15	\$ Computer Skills (pg. 19)	CC
11:30-12:30	\$ Ballet (pg. 14)	Dance
12:30-2:30	\$ Beading (pg. 20)	4
12:30-2:30	\$ Int. Supervised Play (Bridge) (pg. 25)	3
12:40-1:40	\$ Jazz Dancing (pg. 14)	Dance
1-3	\$ Writing Your Life Stories -Cont. (pg. 16)	5
1-4	Shanghai (pg. 26)	Library
1-4	\$ Watercolor- Beginning (pg. 24)	Art
2-4	\$ Cooking (pg. 17)	EC-C
2-5	Ping Pong (pg. 25)	EC
2:15-6	\$ ACBL Duplicate Bridge (pg. 25)	2
3-4pm	\$ MELT Method (pg. 10)	Dance
4-7pm	\$ World Cinema (pg. 16)	EC-C
5-8pm	\$ Water Mixable Oil Painting (pg. 24)	Art
5-6pm	\$ Zumba Gold (pg. 10)	Dance

IMPORTANT PHONE NUMBERS

Administration: (949) 644-3244
Friends of OASIS: (949) 718-1800
Fitness Center: (949) 718-1818
OASIS Travel: (949) 718-1810
Meals: (949) 718-1820

8-9	\$ Physical Training (pg. 9)	EC
9-10	\$ Zumba Gold (pg. 10)	Dance
9-11	\$ Freehand Drawing (pg. 24)	2A
9-12	\$ Ceramics (pg. 21)	Art
9-12	\$ Watercolor Intermediate (pg. 24)	Art
9:30-11	Book Discussion Group (pg. 15)	NBCL
9:30-10:30	\$ Chair Exercise (pg. 11)	EC
9:30-11	\$ Computer Tips & Tricks (pg. 19)	CC
9:30-11:30	\$ Intermediate Bridge (pg. 25)	3
10-11:30	Alzheimer's Caregiver Support (pg. 26)	1B
10-11	Hospice Care Presentation (pg. 8)	1
10-12	\$ Shutterfly Photo Album (pg. 20)	CC
10-12	\$ Adv. Studies in French Lit. (pg. 17)	2B
10:30-11:30	\$ Dance and Stretch - NIA (pg. 14)	Dance
10:30-12	Informal Book Group (pg. 15)	1A
11:00	Trail Trekkies (pg. 13)	PL
11-12:30	\$ Google 101 (pg. 20)	CC
12-2	Knitting & Needlework (pg. 21)	3
12-1:30	\$ Thanksgiving Luncheon (pg. 5)	EC
1-2	Hoag Lecture (pg. 6)	EC
	"Good Sleep Habits"	
1-2	Group Drumming (pg. 6)	EC-A
1:00	Movie (pg. 4)	EC-A
	"Honor Flight"	
1-3	Computer Friends (pg. 19)	1
1-3	Writing Roundtable Group (pg. 16)	5
1-4	\$ Watercolor Advanced (pg. 25)	Art
1:30-3:30	Sailing Club Mtg. (pg. 13)	1
1:30-2:30	Group Drumming	EC-A
2-3:15	\$ Yoga Blend - Gentle (pg. 13)	Dance
2-6	\$ AARP Driver Safety (pg. 16)	2B
3-5	Grandparents Support (pg. 26)	2B
3:30-5	Women's Wisdom (pg. 17)	3
3:30-5	\$ Yoga Blend (pg. 13)	Dance
4-5pm	\$ The Stress Free Holiday Body (pg. 9)	5
5:30-6:30pm	\$ Pilates - Beginning (pg. 12)	Dance
6-7pm	C-A-R-E Conversation (pg. 7)	1
7-8pm	Lets go Trippin (pg. 17)	EC

7:30-8:30	Pilates - Beginning (pg. 12)	Dance
8-9	\$ Strength Training (pg. 11)	EC
8-11:30	Wood Carving Workshop (pg. 24)	Art
9-10	\$ Zumba Gold (pg. 10)	Dance
9:30-10:30	\$ Tai Chi (pg. 10)	EC
9:30-11:30	\$ Adv. Beginning Bridge 2 (pg. 25)	3
9:45-10:45	\$ Digital Photo Editing (pg. 19)	CC
9:45-10:45	\$ Intro to Word (pg. 19)	CC
10-11	\$ Italian- Begnining (pg. 18)	2B
10-11:15	\$ Iyengar Yoga (pg. 12)	1
10-12	\$ Adv. French Reading (pg. 17)	2A
10-12	German (pg. 18)	4
10:30-11:30	\$ Pilates - Beg./Int. (pg. 12)	Dance
11-12	\$ Intro to Facebook (pg. 19)	CC
11-12	\$ Intro to Excel (pg. 19)	CC
11-12	\$ Italian- Int. (pg. 18)	2B
1-1:55	\$ Line Dancing - Level 1 (pg. 15)	Dance
1-3	\$ Foreign Affairs Discussion (pg. 16)	Library
1-3	OASIS Sing Along (pg. 15)	EC-A
2-2:55	\$ Line Dancing - Level 2 (pg. 15)	Dance
2-5	Ping Pong (pg. 25)	EC-C
3-4	\$ Line Dancing - Level 3 (pg. 15)	Dance
3-5	Financial Forum (pg. 16)	4
3-5	\$ Color Workshop (pg. 21)	Art
5-6	\$ Zumba Gold (pg. 10)	Dance
5-7:15	\$ Bunco (pg. 5)	2
5:30-7pm	Int'l Spanish Club (pg. 18)	Library

ROOM KEY

Admin	Administration Office
Art	Art Center
CC	Computer Center
Dance	Dance Room
EC	Evelyn Hart Event Center
NBCL	Newport Beach Central Library (1000 Avocado Ave)
NCCC	Newport Coast Community Center (6401 San Joaquin Hill Rd)
PL	Parking lot @ 5th & Marguerite

8-9	\$ Physical Training (pg. 9)	EC
9-10	\$ Zumba Gold-Toning (pg. 10)	Dance
9-4	Holiday Boutique (pg. 5)	Family Room
9-4	Open Art Workshop (pg. 21)	Art
9:30-11:30	\$ Adv. Beginning Bridge 1 (pg. 25)	3
9-2	\$ Membership Monthly (pg. 2)	EC
10-11:30	Low Vision Support Group (pg. 26)	4
10-2	Duplicate Bridge (pg. 25)	2
10:15-11	\$ Barre Stretch and Strength (pg. 13)	Dance
10:30-11:15	\$ Sala Dance Intro Workshop (pg. 14)	Dance
10:30-12	Parkinson's Support Group (pg. 26)	4
11:15-12	\$ Chair Zumba (pg. 11)	1A
12:30-3	Texas Hold-em (pg. 26)	1B
12:30-3:00	\$ Pickleball (pg. 10)	NCCC
12:30-3:30	Mah Jongg (pg. 26)	3
1-2	The Ageless Human (pg. 7)	EC-A
1-2:30	It had to be you.. (pg. 7)	3
1-3	Sing & Pick Hootenanny Group (pg. 15)	5
1-4	Mexican Train (pg. 26)	Library
2-3:30	\$ Yoga Blend - Gentle (pg. 13)	Dance
2:30-3:30	\$ FallProof (pg. 12)	1A

SATURDAY ACTIVITIES

\$ Healthy Back (pg. 9)
9-10am, Dance Room
Pancake Breakfast- (pg. 28)
9-11am, Event Center
Garden Club Meeting - (pg. 15)
9-11am, Room 4
\$ Dance Workshop (pg. 14)
11-12:30pm, Dance

SUNDAY ACTIVITIES

Duplicate Bridge (pg. 25)
11:45-3:45pm, Room 2

FREEHAND DRAWING- BEG/ADV

Instructor: Nancy Wahamaki

gandolf.wahamaki@gmail.com

Join Nancy Wahamaki, BFA, in this fun drawing class! Beginner to advanced, working in graphite pencil, pen & ink and charcoal. Learn tips to capture and sketch the world around you and awaken to really "seeing". This type of "seeing" creates beautiful drawings. There will be an emphasis on drawing the figure. Nancy is a professional painter and sculptor. She will lead you every step of the way! NancysArtWorld.com.

- Materials list will print out on registration receipt.
- \$10 reference fee payable to instructor on the first day of class.

LOCATION: OASIS ROOM 2A

Class #	Dates	Day	Time	Fee
610842	11/5-12/17	W	9-11am	\$119/7 mtgs
SS1082	1/7-2/11	W	9-11am	\$108/6 mtgs
SS1083	2/25-4/1	W	9-11am	\$108/6 mtgs

OIL PAINTING ON CANVAS - BEG /INT

Instructor: Nancy Wahamaki

gandolf.wahamaki@gmail.com

Develop or enhance your basic painting skills, while learning new techniques in the wonderful medium of oil painting. Nancy will "see" your individual style, and help you to push that. Join fellow painters in this light, fun class. Nancy, a professional artist, will lead you every step of the way. NancysArtWorld.com.

- Materials list will print out on registration receipt. Please bring your materials to the first class.
- \$10 reference fee payable to instructor.
- Only Res-n-gel Medium and Gamblin Gamsol Odorless Mineral Spirits are allowed in this class, to keep the toxicity level down.

Class #	Dates	Day	Time	Fee
611242	11/3-12/15	M	1-4pm	\$133/7 mtgs
SS1128	1/5-2/23	M	1-4pm	\$132/6 mtgs
SS1129	3/2-4/6	M	1-4pm	\$132/6 mtgs

No class 1/19, 2/16

WATER MIXABLE OIL PAINTING

Instructor: Theresa Fernald

tferald@saddleback.edu

Learn to paint luminous, glowing, expressive water-mixable oils. Clean your brushes with water and soap; no need for toxic solvents. This class will give you a strong foundation in color mixing and composition. You will develop expressive brushwork and paint approaches.

- Materials list will print out on registration receipt.
- \$5 reference fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
710242	10/21-12/2	Tu	5-8pm	\$70/6 mtgs
SS0100	1/6-2/10	Tu	5-8pm	\$70/6 mtgs
SS0101	2/17-3/31	Tu	5-8pm	\$70/6 mtgs

No class 11/11, 3/24

**Registration for all classes listed
in BOLD will open
Thursday, Nov. 13 at 8am.**



WOOD CARVING WORKSHOP

This group works on individual projects and welcomes new members. Come any Thursday and see Junie Allen to sign up or to find out more about the class. Instructors are in the class to assist members. Group members are asked to contribute \$10 every three months for class tool and machine maintenance.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Th	8am-11:30am	See above

WATERCOLOR-BEGINNING

Instructor: Theresa Fernald

tferald@saddleback.edu

Learn creative, expressive and colorful watercolor techniques. Develop a foundation for great watercolor composition and drawing while exploring color, brushwork and design based on art history and design theories.

- Materials list will print out on registration receipt.
- \$5 reference fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Fee
611342	10/21-12/2	Tu	1-4pm	\$70/6 mtgs
SS1142	1/6-2/10	Tu	1-4pm	\$70/6 mtgs
SS1143	2/17-3/31	Tu	1-4pm	\$70/6 mtgs

No class 11/11, 3/24

WATERCOLOR - INTERMEDIATE

Instructor: Chris Sullivan

chrisullivanart@gmail.com

This fun and comprehensive class concentrates on developing traditional and experimental skills and techniques in transparent watercolor painting as well as designing more interesting and effective compositions. Landscapes and still life will be the focus along with other subjects using photographs and studio set-ups. Demonstrations, individual assistance, and critiques.

- Materials list will print out on registration receipt.
- Registration for Newport Beach residents begins Thursday, November 13. Registration for non-residents begins Thursday, November 20.

LOCATION: OASIS ROOM 4

Class #	Dates	Day	Time	Fee
611441	10/29-12/10	W	9am-Noon	\$102/6 mtgs
SS1147	2/11-3/18	W	9am-Noon	\$114/6 mtgs

No class 11/26

WATERCOLOR - ADVANCED

Instructor: Chris Sullivan

chrissullivanart@gmail.com

Learn to paint more expressive watercolors! In this fun and exciting advanced level watercolor painting class, you will explore various design concepts, experimental and traditional watercolor techniques, and use of other media to develop emotional content in your paintings. Creative and expressive interpretation of your subject matter will be the focus.

- Materials list will print out on registration receipt.
- Registration for Newport Beach residents begins Thursday, November 13. Registration for non-residents begins Thursday, November 20.

Class #	Dates	Day	Time	Fee
611641	10/29-12/10	W	1-4pm	\$102/6 mtgs
SS1152	2/11-3/18	W	1-4pm	\$114/6 mtgs

No class 11/26

Cards & Games

BEGINNING BRIDGE

Instructor: Ann Cressman, Gold Life Master anncressman@gmail.com 949-495-4564

Join us to learn the exciting and stimulating game of bridge. This class is for new players & those who want to brush up on their skills.

LOCATION: OASIS ROOM 3

Class #	Dates	Day	Time	Fee
680141	9/30-11/18	Tu	9:30-11:30am	\$110/7 mtgs
SS1025	2/17-3/31	Tu	9:30-11:30am	\$125/7 mtgs

No class 11/11

ADVANCED BEGINNING BRIDGE 1

Instructor: Ann Cressman, Gold Life Master anncressman@gmail.com 949-495-4564

Lessons will consist of handouts, play of pre-arranged hands and analysis.

LOCATION: OASIS ROOM 3

Class #	Dates	Day	Time	Fee
680241	10/3-11/14	F	9:30-11:30am	\$110/7 mtgs
SS1001	2/13-3/27	F	9:30-11:30am	\$125/7 mtgs

ADVANCED BEGINNING BRIDGE 2

Instructor: Ann Cressman, Gold Life Master anncressman@gmail.com 949-495-4564

Lessons will consist of handouts, play of pre-arranged hands and analysis. Prerequisite: Advanced Beginning Bridge 1.

LOCATION: OASIS ROOM 3

Class #	Dates	Day	Time	Fee
680341	10/2-11/13	Th	9:30-11:30am	\$110/7 mtgs
SS1006	2/19-4/2	Th	9:30-11:30am	\$125/7 mtgs

INTERMEDIATE SUPERVISED PLAY (BRIDGE)

Instructor: Ann Cressman, Gold Life Master anncressman@gmail.com 949-495-4564

Improve your play through supervised instruction and analysis of hands. Prerequisite: Advanced Beginning Bridge 1 and 2.

LOCATION: OASIS ROOM 3

Class #	Dates	Day	Time	Fee
680441	9/30-11/18	Tu	12:30-2:30am	\$110/7 mtgs
SS1096	2/17-3/31	Tu	12:30-2:30pm	\$125/7 mtgs

No class 11/11

**Registration for all classes listed
in BOLD will open
Thursday, Nov. 13 at 8am.**

INTERMEDIATE BRIDGE

Instructor: Hal Binder

halbinder@cox.net

Intermediate duplicate bridge lessons and play of the hand.

LOCATION: OASIS ROOM 3

Class #	Dates	Day	Time	Fee
680543	10/20-11/17	M	9:30-11:30am	\$75/5 mtgs
680544	10/22-11/19	W	9:30-11:30am	\$75/5 mtgs
SS1090	1/12-2/23	M	9:30-11:30am	\$90/5 mtgs
SS1091	1/14-2/25	W	9:30-11:30am	\$90/5 mtgs
SS1092	3/2-3/30	M	9:30-11:30am	\$90/5 mtgs
SS1093	3/4-4/1	W	9:30-11:30am	\$90/5 mtgs

No class 1/19, 1/21, 2/16, 2/18

ACBL DUPLICATE BRIDGE

ACBL Teacher and Director: Gail Schneider 949-472-8010 516-314-1896

This is an ACBL sanctioned game. All levels are welcome. 0-20 Novice with help in bidding as a separate section. A partner is not required. Reservations are not necessary.

*Free lessons for beginning and intermediate players at 2:15pm.

*Game starts at 3:00pm.

LOCATION: OASIS ROOM 2

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu	*2:15-6pm	\$10/1 mtg

DUPLICATE BRIDGE- TUESDAY & FRIDAY

Leaders: Terry and Gene Casavant zeintje1@gmail.com 949-854-8138

Bring your own partner to play. Reservations are required. Please contact Terry and Gene at zeintje1@gmail.com or 949-854-8138.

LOCATION: OASIS ROOM 2

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu/F	10am-2pm	\$1

DUPLICATE BRIDGE- SUNDAY

Leaders: Joy Johnston

714-546-6167

Reservations are required. Please contact Joy Johnston at 714-546-6167 or J.G.Johnston@sbcglobal.net. Please bring your own partner to play.

LOCATION: OASIS ROOM 2

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Su	11:45-3:45pm	\$1

PARTY BRIDGE

You do not need a partner to participate. Players must be able to keep their own score.

LOCATION: OASIS ROOM 1

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu	10am-2pm	\$1

Special Programs & Support Groups

CHESS

Chess sets are available in the library. Bring your own partner.

LOCATION: OASIS LIBRARY/GAME ROOM

MAH JONGG

Leader: Nathalie Goldstein

LOCATION: OASIS ROOM 3

Experienced players meet to play.

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M/F	12:30pm-3:30pm	FREE

MEXICAN TRAIN

Leader: Guy Richards

949-640-7809

This is a new, fun-packed game played with dominos. No cards to shuffle. Beginners please come at 1:00 on Fridays to learn how to play.

LOCATION: OASIS LIBRARY/GAME ROOM

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	F	1pm-4pm	FREE

PING PONG

New players are always welcome.

LOCATION: OASIS EVENT CENTER

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu/Th	2-5pm	FREE

SCRABBLE

Game boards, tiles and official Scrabble dictionary provided. All levels welcome.

LOCATION: OASIS LIBRARY/GAME ROOM

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	M	1-4pm	FREE

SHANGHAI/ MAY I

If you know how to play rummy, you'll pick up this game in no time!

LOCATION: OASIS LIBRARY/GAME ROOM

Registration	Dates	Day	Time	Fee
Not Required	Ongoing	Tu	1-4pm	FREE

TEXAS HOLD 'EM -- ADVANCED

Instructor: Len Edwards

LOCATION: OASIS ROOM 1B

Advanced players only. Meets on the 1st & 3rd Friday every month. Play for chips only.

Registration	Dates	Day	Time	Fee
Not Required	11/7 & 11/21	F	12:30-3pm	FREE

SUPPORT GROUPS

Alzheimer's Caregiver Support Group

Facilitator: Vic Mazmanian

949-310-6682

This group meets on the first Wednesday of the month. Meetings are open to caregivers, family members and friends caring for a loved one with Alzheimer's or dementia. You are not alone; find how sharing your ideas, feelings and concerns can help you care for yourself and your loved one. This group is affiliated with the Orange County Alzheimer's Association.

Location: OASIS Room 1B

Wed 10:00-11:30am 11/5 Free

Grandparents Support Group

Leader Susan Hoffman

949-640-0399

Group meets the 2nd Wednesday of the month. Meet with grandparents who have visitation issues with their grandchildren. Visit www.grandparentchildconnect.org for more information.

Location: OASIS Room 2B

Wed 3:00-5:00pm 11/12 Free

Low Vision Support Group

Facilitator: Charlotte Stradtman 949-552-7637 and Polly Smith 949-723-1603

This group meets on the 3rd Friday of the month. It is for people experiencing difficulty in daily living due to sight loss. The content of the discussion will be based on participants' needs, which may cover a variety of topics such as getting around town, low vision devices, family awareness and staying connected.

Location: OASIS Room 4

F 10:00-11:30am Returns in Jan Free

MS Support Group

This self-help group for people with Multiple Sclerosis (MS) is sponsored by the National MS Society. It is for those with minimal symptoms or newly diagnosed. The group meets every month for one and a half hours. If you are interested and think this group may be appropriate for you, please call Sherri for further details (714) 846-2064.

PARKINSON'S SUPPORT GROUPS

Parkinson's Resource Organization (PRO)

Group meets on the 2nd Thursday of the month. Either an educational meeting or a support group for caregivers only is offered on alternate months. For more information call 877-775-4111.

Location: OASIS Room 4

Th 7:00-9:00pm 11/13 Free

Parkinson's Support Group

Leaders: Ron Addison 949-644-8787 and David A. Bunch 949-933-3198

This group meets on the 2nd & 4th Friday of each month and is for people with Parkinson's. Meet with your cohort without feeling intimidated and be able to freely ask questions of your peers.

Location: OASIS Room 4

F 10:30-12:00noon 11/14 Free

ASSISTANCE PROGRAMS

Senior Assessment Program

OASIS staff assists seniors by suggesting and coordinating services allowing them to stay in their homes and live independently. An assessment of the individual senior and their current living situation is conducted and then a variety of outside agencies as well as OASIS programs are suggested.

Information & Referral

Referrals to a vast assortment of information regarding senior services such as home health care, housing options, adult day care, assisted living and retirement facilities, legal assistance, Medicare assistance, support groups, ombudsman services and more. If we don't know, we will find out.

Medical Documents

The California Hospital Association's Advance Health Care Directive. Available in the Administration Office.

Medical Equipment to Loan

Wheelchairs and walkers are available in the Administration Office.

Telephone Reassurance

Daily telephone call for seniors who live alone and have limited contact with friends or relatives.

OASIS Lunch Program provided by Age Well Senior Services

Hot and cold lunches are served in the OASIS Evelyn Hart Event Center. Please call three days in advance to order your lunch. Call Berenice at (949) 718-1820. Hot lunch menu is listed on page 41. Lunch Service: Monday through Friday, 11:45am-12:30pm

\$4.50 suggested donation - 60 or younger \$6

Home delivered meals provided by Age Well Senior Services

Meals are available for homebound seniors; call for an assessment. Deliveries are also available for post-surgery or short time periods when one is incapacitated. Call Berenice at (949) 718-1820.

LEGAL ASSISTANCE



The Lawyers donate their time and offer a free half-hour consultation. Appointments are necessary; call (949) 644-3244. Consultations are held in the OASIS Administration office.

Thursday, November 6
9:00am - 12:00pm

Tim Pickart, Lawyer
Wills, Trusts, Estate Planning, Probate, Trust Administration, and Wealth Preservation.

Thursday, November 20
9:00 - 12:00pm

William S Brodak, Lawyer
Wills, trusts, probate, trust administration, special needs trusts, and long term care planning.

HEALTH SCREENINGS & MEDICARE COUNSELING

Blood Pressure Screening

Our friendly medical professionals will help you monitor your blood pressure twice a month.

Location: OASIS Library

Tues 9:00-11:00am

11/4 & 11/18

Free

Memory Screening

There is a \$45 fee for the screening. Provided by the Orange County Vital Aging Program, this screening promotes early detection and prevention of Alzheimer's Disease and related disorders. In-person screening at OASIS or Hoag; please call (949) 764-6288 or visit www.OCVitalAging.org.

Visual Aid Screening

Provided by the Braille Institute. When eye glasses are no longer sufficient, make an appointment with the Braille representative for a visual screening. Physician referral required; call (714) 821-5000. Visit www.brailleinstitute.org.

Location: OASIS, every other month. Next meeting 11/25.

HICAP: Health Insurance Counseling and Advocacy Program

HICAP counselors assist you with information regarding health insurance, Medicare, Part D Drug Plan, Medi-Cal, HMOs, supplemental, and long term care insurance. Available twice monthly. Appointments are necessary.

Location: OASIS Administration Office

TRANSPORTATION

The OASIS Senior Center provides curb-to-curb transportation through its Care-A-Van and Shuttle Programs.

Care-A-Van: Provides transportation to medical appointments, grocery shopping and other essential errands within City limits. Cost is \$3.00 each way.

Shuttle: Provides transportation to classes and activities held at OASIS. Cost is \$1.50 each way.

Payment: Riders must purchase a Ride Card to use for payment, sold in denominations of \$12, \$30 and \$60. Cards may be purchased in the Admin office or from a driver.

Eligibility:

- Must be age 60+
- Live in a private residence
- Must reside within Newport Beach, Corona del Mar or Newport Coast
- No longer driving

Service is available

Monday-Thursday, 7:45am - 4:30pm

Fridays, 8:00am - 4:00pm

It is recommended that reservations be made at least five business days in advance and can be made up to three weeks in advance.

Call OASIS to register (949) 644-3244.

OASIS TRANSPORTATION CLIENTS:

OASIS is offering two shopping trips:

Target on Tuesday, Nov. 4 & 25.

99 Cent Store Tuesday, Nov. 18 from

10:00am - 12:00noon. Call the Administration Office at (949) 644-3244 to reserve your spot!



Buy your ticket!
Membership Monthly
Get Together
Friday, November 7
See page 2 for details.

Mission Statement

The Friends of OASIS, Inc. is a non-profit California corporation dedicated to supporting the senior community. The focus of this organization is to provide financial and volunteer support to the OASIS Senior Center. Its goal is to assist in giving seniors the opportunity to live healthy, active and productive lives.



The Boutique & Rummage Sale was a great success.
Thank you to all who were involved.



THANK YOU RUMMAGE SALE VOLUNTEERS

The Annual Friends of OASIS Boutique/Rummage Sale on October 3 and 4 was another huge success thanks to those of you who contributed things for sale and to the hundreds of volunteer hours donated by some wonderful energetic people. We raised over \$21,000, our best to date!

DID YOU KNOW?

All of us who are members of The OASIS Senior Center know how fortunate we are to have the beautiful state-of-the-art campus that provides a home for the multitude of activities, classes, events and services we have come to value and expect.

We value the privilege of having unsurpassed staff members who keep everything in motion and also the oversight of the City of Newport Beach that provides the basic funding necessary for this amazing center.

All of this, combined with the countless hours of selfless volunteers, makes for quite a successful operation.

However, the fact is, without OUR financial support, our Center as we know it could not exist.

While many of us "pay as we go" for classes, travel and field trips, etc. There are many costs that must be taken care of by donations.

All of us are concerned about the economy and so much uncertainty in these times, but, one thing is certain the benefit and enjoyment we all receive from our OASIS.

It is imperative that each of us gives consideration to the financial support of The Friends of OASIS which is the fundraising arm of The OASIS Senior Center. These donations go directly to the many program related costs not covered by the City.

Your kindness and generosity will ensure the continued success of OASIS. Please help us to share the benefits for all our community seniors.

Thank you,

Your Volunteer Legacy Committee

Note: Along with your donation you may also prepay your membership for the coming year, 2015. See page 33 for the Membership Application or use the enclosed envelope.



IN MEMORIAM

Donations have been made in honor of **Wanda Taylor**

By: Polly Wall



OASIS GIFT SHOP



Stop by and check out our wide range of gifts, jewelry and speciality items.

Hours: 9:00am-3:00pm
Monday-Friday

PANCAKE BREAKFAST

Pancakes with syrup, sausages, coffee, milk and juice are served.

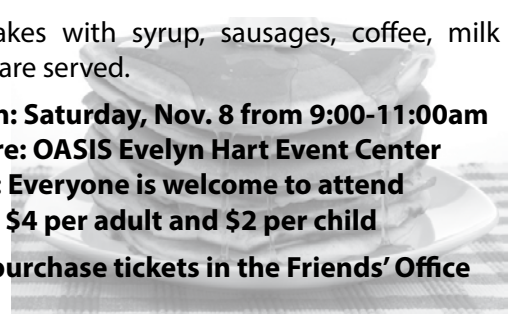
When: Saturday, Nov. 8 from 9:00-11:00am

Where: OASIS Evelyn Hart Event Center

Who: Everyone is welcome to attend

Cost: \$4 per adult and \$2 per child

Pre-purchase tickets in the Friends' Office



TRIPS FILL UP QUICKLY! SIGN UP EARLY IF INTERESTED IN A TRIP!

Travel Office Hours: Monday-Friday 9:00am-1:00pm. Stop by or call us at (949) 718-1810.

There is a \$5.00 charge for non-members.

★ **Parking and pick-up for all day trips are at the northwest corner of 5th & Marguerite lot.**

SAN DIEGO MUSEUM OF ART-GAUGUIN TO WARHOL \$52

Thursday, November 13

Travel to San Diego to see this fantastic exhibit of 76 masterpieces of modern painting and sculpture from Post-impressionism to Pop on loan from the Albright-Knox Art Gallery in Buffalo, New York. Enjoy a docent tour and view these exemplary works of Pablo Picasso, Georgia O'Keeffe, Salvador Dali, Vincent van Gogh, Andy Warhol and more!

Lunch on your own.

Depart 9:00am

Return 5:00am

VIEJAS RESORT AND CASINO \$15

Wednesday, December 10

Enjoy a day to gamble, relax, and finish your last minute Christmas shopping. And, Bingo for all the Bingo lovers. 50% off Buffet!!!

Depart 8:30am

Return 5:30/6:00pm

SPARKLES & TREASURES \$85

Tuesday, December 9

Travel to Riverside for a docent-guided tour of the famed Mission Inn draped in all its holiday décor including thousands of lights and animated displays. See the Court of Birds, President Lounge, St. Frances Chapel's Tiffany glass and much more. Dinner included at the Old Spaghetti Factory with choice of entrée. Afterwards, take a leisurely walk through a highly decorated Chino neighborhood. EXTENSIVE WALKING – COMFORTABLE SHOES SUGGESTED. GOOD TIMES TRAVEL

Depart 10:45am

Return 9:15pm

L.A. MASTER CHORALE'S FESTIVAL OF CAROLS \$99

Saturday, December 13

Travel to the Disney Concert Hall for the afternoon to enjoy this long-standing Los Angeles holiday tradition with the holiday carols and seasonal favorites sung by the fantastic 115-member Los Angeles Master Chorale. Organist John West will accompany the choir in a range of favorite carols and sing-a-longs for you. Terrace level seating with great views of the choir and organ. Lunch on your own at Philippe's prior to the show. Wheelchair service available. GOOD TIMES TRAVEL

Depart 10:45am

Return 5:45pm

ROSE PARADE – PASADENA \$125

Thursday, January 1, 2015 (Don't wait! Will sell out!)

An opportunity to see this spectacular parade in person from excellent grandstand seating. Enjoy breakfast, a box lunch and the convenience of motorcoach transportation. This is definitely a family excursion and all ages are welcome. NOT HANDICAPPED ACCESSIBLE. NO REFUNDS AFTER DECEMBER 10, 2014.

Depart 5:00am

Return 1:00pm

TRIBUTE TO HUELL HOWSER – A GOLDEN LEGACY \$59

Tuesday, January 20, 2015

Travel to Claremont and walk in the footsteps of Huell Howser. The first stop will be visiting The Folk Music Center to enjoy a musical presentation featuring unique musical instruments. While there, time to see hundreds of rare and antique instruments. Then to the Claremont Packing House, the largest historic building in the heart of Claremont Village for lunch on your own at various eateries. After lunch visit the historic Graber Olive House dating back to 1894, with time to browse the wonderful gift shop and sample their olive oils. Then travel back to Orange County and the highlight of the day- A visit to Chapman University, the beneficiary of Huell Howser's legacy and exhibits including a complete recreation of Huell's office. The price of this tour includes a donation to the California Scholarship Fund at Chapman University. Walking shoes are suggested. GOOD TIMES TRAVEL

Depart 9:00am

Return 4:30pm

NORTON SIMON MUSEUM \$68

Wednesday, February 11, 2015

Enjoy an afternoon at this favorite museum. View Manet's "The Railway" on loan from the National Gallery of Art, Washington DC. Also, an opportunity to view the Italian works as well as other French and Spanish works brought to Pasadena just recently through the purchase of the Duveen Brothers Gallery. Lunch included at McCormick and Schmick's prior to our visit to the Museum.

Depart 10:15am

Return 5:00pm

ATTENTION GAMBLERS

Your Casino Rewards Card number (if you have one), your legal name and date of birth must be provided when signing up for a gambling trip. No refunds on day gambling trips.



EXTENDED TRIPS

PERU & MACHU PICCHU EXPLORER

\$3,799 per person double - \$700 single supplement

November 3-11 - 9 days

RIVERSIDE RESORT & CASINO – LAUGHLIN

Double - \$150 per person - Single - \$175 per person

Tuesday – Thursday, November 11-13

Beautiful time on the River with time to gamble, time to relax, and time to get ready for the Holidays. Includes one breakfast and one choice of buffet. Always a fun trip.

NO REFUNDS AFTER OCTOBER 10. MAIN STREET TOURS

Depart 8:00am

Return 5:30/6:00pm

FLORIDA COAST TO COAST & THE KEYS

Double \$2,319 per person– Single \$2,629 per person

Full payment due August 25

November 8-14 – 7 Day Tour

AFC VACATIONS

THANKSGIVING IN WONDER VALLEY

\$899 double - \$1,019 single - \$889 triple, all per person

November 25-28 – 4 Days

AFC VACATIONS

NEW YORK CITY HOLIDAY TOUR

Price Per person: Double \$1,999 - Single \$2,699

Five days – December 8-12

“CHRISTMAS” IN YOSEMITE

Double \$579 per person – Single \$739 per person– Deposit \$150

December 14-16 – 3 Day Tour

GOOD TIMES TRAVEL

ELEGANT MONTEREY CHRISTMAS TRAIN

Double \$1,449 – Single \$1,729 -Triple \$1,359, all per person

Deposit of \$350 – Final payment due September 26

December 25-28 – 4 Day Tour

AFC VACATIONS

CENTRAL COAST GETAWAY

Double \$499 – Single \$619 , Per Person.

Final Payment Due Dec. 12, 2014

Wednesday-Friday, January 28-30, 2015

A delightful three-day motorcoach tour with a two-night stay at the Seacrest Oceanfront Hotel in Pismo Beach. On the way, a stop at the Santa Barbara School of Culinary Arts for lunch and a visit to Arroyo Grande. The second day travel to view the elephant seals on the beach at San Simeon, visit The Brown Butter Cookie Company in Cayucos, and enjoy a tasty lunch in Cambria. Dinner at McLintocks and the evening at the Great American Melodrama Theatre. On the way home, stop at the Monarch Butterfly Grove in Pismo and a tasty smorgasbord lunch in Solvang. A truly fun-filled trip. GREAT WESTERN TOURS

HEART OF INDIA

From \$4995 – 17 days including international airfare from Los Angeles

February 9-25, 2015

Fly to Delhi to begin this fabulous trip where you will explore the wonders of India. Visit the Jama Masjid, the largest mosque in India, the “Pink City” of Jaipur, the Taj Mahal, a monument to eternal love, Khajuraho’s erotic temples, the Ganges River and much, much more. GRAND CIRCLE TOURS

VIEJAS CASINO & RESORT

Double \$169 per person – Single \$225 per person

March 18-19, 2015 – 2 Day Getaway

Tour includes deluxe motorcoach transportation, one night accommodation at the resort, \$25 free play, \$10 dining credit, baggage handling and driver gratuities. Also, includes a tour of Lions, Tigers & Bears, a no kill, no breed sanctuary for unwanted and abused exotic animals in Alpine. GREAT WESTERN TOURS

Depart and Return times to announced.

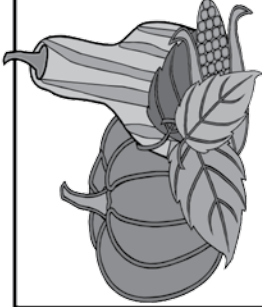
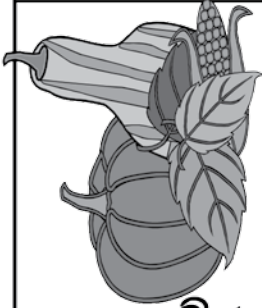



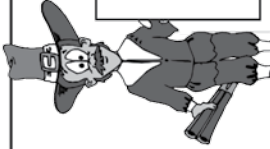

SOUTHERN CHARM – CHARLESTON, BEAUFORT, SAVANNAH, JEKYLL ISLAND, ST. SIMONS ISLAND ST. AUGUSTINE

Per Person Rates: Double \$2,299; Single \$2,899;

Triple \$2,269 including airfare

7 Days – May 31- June 6, 2015

Fly to Charleston to begin this tour of southern charm. Travel along the coast through South Carolina’s Low Country to Beaufort and Savannah. Visit Jekyll Island and St. Simons Island. Travel further south to St. Augustine, the United States oldest city first settled in 1572. Then on to Jacksonville where the tour ends. COLLETE TOURS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  <h1>NOVEMBER 2014</h1>  </div>				
National Sandwich Day LENTIL SOUP TURKEY SANDWICH ON 100% WHOLE WHEAT CARROT RAISIN SALAD FRESH ORANGE ÉCLAIR* <div>  3 </div>	HONEY MUSTARD CHICKEN RED POTATOES ROASTED TOMATO HALF HALF SLICE 100% WHEAT BREAD MARGARINE FRUIT GELATIN MUSIC BY TOM & JOHN 4	TERIYAKI MEATBALLS BROWN RICE PEAS & MUSHROOMS MANDARIN ORANGES & BANANAS 5	CHICKEN PARMESAN SPAGHETTI SPRING SALAD DRESSING ORANGE JUICE AMBROSIA* 6	Membership Monthly Get Together Advance purchase required. <i>Tickets \$8 members/ \$10 non-members</i> Menu: Bratwurst on bun with sauerkraut, potato salad, pickle and apple strudel for dessert. <div>  </div>
Veteran's Day Celebration MEATLOAF IN A MUSHROOM GRAVY BAKED POTATOES SUCCOTASH APPLE COBBLER 10	 Veteran's Day 11	CHICKEN CHILI W/ WHITE BEANS GARDEN SALAD/DRESSING CHOPPED TOMATO GRATED CHEESE CORN MUFFIN CUSTARD 12	BEEF STROGANOFF EGG NOODLES BRUSSELLS SPROUTS HALF SLICE BREAD CINNAMON APPLES 13	BUTTERNUT SQUASH SOUP ROAST BEEF SANDWICH ON 100% WHOLE WHEAT BROCCOLI CAULIFLOWER SALAD MAYO/MUSTARD CHOCOLATE CHIP COOKIE 14
PASTA IN A SAVORY MEAT SAUCE PARMESAN CHEESE GREEN BEANS TOSSED SALAD ITALIAN DRESSING FRESH FRUIT 17	SWEDISH MEATBALLS EGG NOODLES BAKED TOMATO WHOLE WHEAT BREAD ORANGE JUICE SHERBET 18	TUNA NOODLE CASSEROLE CAESAR SALAD GREEN PEAS CLEMENTINE VANILLA WAFERS 19	MANDARIN CHICKEN BROWN RICE ASIAN BLEND VEGETABLES ORANGE PINEAPPLE JUICE CHOCOLATE CAKE 20	BAKED ZITI WITH MEAT SAUCE SPINACH SALAD WITH ITALIAN DRESSING GREEN BEANS MANDARIN ORANGES & BANANAS MUSIC BY TOM & JOHN 21
SWISS STEAK BAKED POTATO SOUR CREAM CREAMED SPINACH 1/2 SLICE 9 GRAIN BREAD PEACHES 24	CREAMY MAC & CHEESE ROASTED TOMATO HALF GREEN PEAS FRESH ORANGE SECTIONS 25	THANKSGIVING LUNCH ROAST TURKEY & GRAVY STUFFING/CANDIED YAMS GREEN BEANS CRANBERRY SAUCE SPARKLING APPLE CIDER DINNER ROLL PUMPKIN PIE* 26	<div>  <h2>Thanksgiving Holiday</h2>  </div>	

FOUR EASY WAYS TO REGISTER

MAIL IN

Mail your registration form and payment to:
OASIS Senior Center
801 Narcissus Ave.
Corona del Mar, 92625

ONLINE

1. Go to www.newportbeachca.gov.
2. Click on Recreation Classes.
3. Click on My Account.
4. New users: Create an account
5. Click on Register for Activities.
6. Select the class you desire, then click Add To My Cart.
7. Follow the steps for payment.

FAX

Fax your registration form and include your Visa, MC, Discover or Amex card number and expiration date to: (949) 640-7364

WALK IN

Bring registration form to the OASIS Admin Office
Monday- Friday
8:00am-5:00pm

First Name		Last Name		
Address		City	Zip	
Home Phone	Work/Cell Phone	email	<input type="checkbox"/> Check here for an emailed receipt	
Participant's Name	Gender	Class # Session	Class name	Fee
EXAMPLE: JOHN DOE	M	5 7 8 9 4 1	KinderGYM	\$105
			Class Fees	
			Non-residents add \$5 for classes \$74 & under OR \$10 for Classes \$75 & over	
			Total Paid	

PHOTO RELEASE I understand that from time to time City representatives may photograph activities of City recreation programs and participants. By signing this form, I authorize the City of Newport Beach to use or publish any photographs taken by the City showing my participation or my child/children's to promote classes on the City's Internet web site, future publications of the Newport Navigator and/or flyers.

WAIVER & RELEASE OF LIABILITY In consideration of participation in the Program, I (We), the undersigned, recognize, agree and acknowledge as follows: (1) Participation in the Program is voluntary; (2) Follow and abide by the rules, regulations, guidelines and Participant Code of Conduct (3) The participant is in good health, physically able to participate in the program without restrictions and has no medical condition that would or may cause participation to be potentially hazardous to his or her health, which the city can request participant to agree to furnish medical documentation at participants own expense; (4) Failure to disclose a medical condition could terminate participation; (5) There is a real possibility that participant could be seriously injured while participating in the Program; (6) Participant assumes all risks associated with participation in the Program. Participant acknowledges the inherent and potential dangers of participating and expressly waives and voluntarily assumes all risk of personal injury or death which may be sustained while participating. I (we) recognize that registration in the program is dangerous and contains risk of personal injury, death, disability, property damage or loss ("damages.") I assume any and all risks associated with my or my child's participation in the Program, including, but not limited to, strenuous physical activity or exertion; striking or being struck, by objects or persons; slipping; and exposure to heat, cold or humidity. Such risk may result in injuries that include, but are not limited to: sprain, strain or tear of muscles or ligaments; fracture or dislocation of joints or bones; head or facial injuries; spinal cord or internal injuries. I know that the risks, hazards and dangers include, but are not limited to, falling, slipping, colliding with other users, staff or spectators. I understand that these risks, hazards and dangers are further increased when other persons, whether or not of the same level of experience, are present at the same time and/or using the same facilities. All such risks are known and appreciated by me. I hereby, for myself, my child, heirs, or anyone who might claim on my or my child's behalf, agree not to bring any claim, and waive, release and forever discharge the City of Newport, the Newport-Mesa Unified School District, and all of their officers, agents, and employees from any and all duty to me, my child and/or liability for damages arising out of or in the course of my child's participation in the Program, including all liability for any active or passive negligence by the City/Newport-Mesa Unified School District and/or their officers, agents and employees. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I waive and voluntarily assume all risk of personal injury which may be sustained while participating. The laws of the State of California shall govern this agreement. The undersigned, hereby acknowledged to be lawful parent(s) and/or guardian(s) of the participant, acknowledge(s) my/our qualifications to sign the Release on behalf of the participant.

Mandatory Signature: _____ **Date:** _____

Non-resident Fee -Those who do not reside within the City of Newport Beach, please add \$5 per class priced up to \$74 and \$10 for classes \$75 and over.

Refund Policy Unless otherwise noted — A \$10 (for classes priced \$74 and below) or \$20 (for classes priced \$75 and above) refund fee will be charged if the request is made prior to class meeting for the second time. A full refund will be granted when cancelled by Recreation staff. One and two day classes require 5 business days notice for a refund or transfers.

Fitness Center Refund Policy —A \$20 refund fee will be charged if the request is made within one week of sign-up. After one week no refunds will be granted.

Special Assistance - If you need special accommodations for any activities, please notify Recreation Services at the time of registration.

Credit Cards Accepted



Make Checks Payable to: City of Newport Beach

Registration Form

OASIS Fitness Center



(949) 718-1818

HOURS OF OPERATION

MONDAY-THURSDAY
7:00 am – 8:00 pm

FRIDAY
7:00 am – 5:00 pm

SATURDAY & SUNDAY
8:00 am – 4:00 pm

OASIS FITNESS CENTER MISSION STATEMENT

The OASIS Fitness Center strives to provide a safe, comfortable, senior-friendly exercise environment for the active older adult, providing our members the opportunity to incorporate an exercise routine into their life which nourishes their mind, body and spirit.

FITNESS CENTER MEMBERSHIP

- Age requirement is 50 years and older
- Newport Beach resident fee is \$125 a year
- Non-Newport Beach resident fee is \$175 a year
- No guest passes are available
- Registration is required prior to use of the Fitness Center
- Appropriate clothing and athletic shoes required
- No food or drinks other than bottled water are permitted
- Members must provide their own towels

EQUIPMENT ORIENTATION

Prior to your first workout, instruction on all OASIS Fitness Center equipment is available for each new member. See staff to schedule an appointment.

OASIS PERSONAL TRAINERS

\$75/hour

\$40/ 30 min session

\$325/package of 5, one hour sessions (savings of \$50!)

\$350/package of 10, 30 min sessions (savings of \$40!)

**Personal training packages can be purchased with debit/credit card only*



NEW! GROUP TRAININGS AT THE FITNESS CENTER

Boost your exercise routine by training with an OASIS Personal Trainer in an intimate, small group setting (class size is limited to 5 members). Using a combination of exercise training techniques participants will improve strength, mobility, balance and cardiovascular endurance. Groups will meet twice per week for one hour and target the body as a whole from top to bottom.

- Participants must be active (paid) members of the Fitness Center to participate in the program.
- A pre-screening with the trainer is necessary prior to signing up. Please contact the trainer directly to schedule your pre-screening and get approval to enter the class.
- To contact Danielle, please call (626) 297-5938
- To contact Michael, please call (949) 212-6939

MORNING OPTION: 11/3 - 11/21, M/F, 7-8am with Trainer Danielle, \$150/6 mtgs.

12/1 - 12/19, M/F, 7-8am with Trainer Danielle, \$150/6 mtgs.

EVENING OPTION: 11/4 - 11/25*, T/TH, 7-8pm with Trainer Michael, \$150/6 mtgs.

*(no class on 11/11)

12/2 - 12/18, TU/TH, 7-8pm with Trainer Michael, \$150/6 mtgs.

To sign up, please contact the trainer directly and schedule your screening. Registration and payment will be processed after your screening is completed.

Friends of OASIS
801 Narcissus Ave.
Corona del Mar, CA 92625-1501

TIME VALUE MATERIAL

Please deliver by
October 24

NON-PROFIT ORG
U.S. Postage
PAID
Santa Ana, CA
Permit No. 302



HOLIDAY LUNCHEON

December 19th
12:00pm to 2:00pm
OASIS Event Center

Join us at the OASIS in celebration of
the joyous holiday season! Musical
entertainment will be provided!

\$5.00* tickets are available in the Admin
Office starting November 1st until the
event sells out.

Advance purchase required.

*suggested donation.